





















# Group Fitness Class Schedule

Effective April 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am			Cardio Contact 30				
6:15am						7:30am 	
8:00am							Just The Core
8:30am		Mat Pilates					
9:00am	Fit for Life	Muscle Challenge	Fit for Life	Cardio Contact	Fit for Life		
10:15am			Drums Alive	Power Yoga	Muscle Challenge		Cardio Contact
11:30am	Silversneakers® MSROM	Gentle Yoga	SilverSneakers® MSROM	Zumba Gold 11:30-12:15 pm	Silver Sneakers® MSROM		
12:35pm	Tai Chi			Silversneakers® Yoga Stretch 12:15-1:00 pm	Tai Chi	12:05 pm Yoga	
4:30		Yoga	Mat Pilates		Muscle Challenge		
5:35pm				Step	Cardio Contact		
6:40pm	Cardio Contact 30	Drums Alive			Yoga		
7:10pm							
7:45 pm	Yoga			Yoga			

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am				Cycle 60			
8:00am						Cycle 60	
9:00am	Cycle 60		Cycle 60				Cycle 60
9:15 am					Cycle 60		
12:00pm		Cycle 60		Cycle 60			
5:30pm		Cycle 60		Cycle 60			
6:00 pm	Cycle 60		Cycle 60		Cycle 60		

8 Devine Street North Haven, CT 06492 203 281-7900 • [www.healthtrax.com](http://www.healthtrax.com) Center Hours: Monday-Thursday 5:00am-10:00pm /Friday 5:00am-9:00pm Saturday 7:00am-6:00pm/Sunday 7:00am-5:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:00-8:00pm (reservations required)