



Effective Oct. 1

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
9:00am							
10:00am	Aqua Fit	Aqua Fit	Aqua Fit		Aqua Fit	Aqua Fit	
11:00am							
12:00pm							
4:30pm							
5:30pm		Aqua Fit		Aqua Fit			
6:30pm							

155 Ashley Ave., West Springfield 01089, (413) 781-0181, Fax (413) 781-7641, www.healthtrax.com

Center Hours: Monday – Thursday 5:00am-10:00pm, Friday 5:00am-9:00pm, Saturday 7:00am-6:00pm, Sunday 8:00am-5:00pm

Youth Activity Center Hours:

Monday – Thursday 9:00am-1:00pm & 4:30pm-8:00pm, Friday 9:00am-1:00pm & 4:30pm-7:30pm, Saturday 9:00am-12:30pm