

Group Fitness Studio Schedule



Healthtrax Fitness & Wellness - Bristol, CT	
842 Clark Avenue Bristol, CT 06010 860-583-1843	Monday - Thursday 5:00 am - 10:00 pm Friday 5:00 am - 9:00 pm Saturday & Sunday 7:00 am - 5:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CENTERGY™ 5:30-6:30 am	Cycle 45 5:30-6:15 am		Cycle 45 5:30-6:15 am			
On the Ball 8:30-9:30 am		GROUP KICK™ 8:30-9:30 am		GROUP POWER™ 8:30-9:30 am	Cycle 45 8:30-9:15 am GROUP POWER™ 8:30-9:30 am	
GROUP ACTIVE™ 9:00-10:00 am Cycle 60 9:30-10:30 am	Step 9:00-9:45 am Mat Pilates 9:45-10:45 am	GROUP POWER™ 9:30-10:30 am	Mat Pilates 9:15-10:15 am	Cycle 60 9:30-10:30 am	Step 9:30-10:30 am GROUP CENTERGY™ 9:30-10:30 am	Step & Sculpt 9:00-10:00 am
GROUP POWER™ 10:30-11:30 am ZUMBA™ Gold 10:30-11:30 am	SilverSneakers® Yoga Stretch 10:45am-11:45am	Cycle 60 10:30-11:30 am	ZUMBA™ FITNESS 10:15-11:15 am	GROUP ACTIVE™ 10:00-11:00 am GROUP CENTERGY™ 10:30-11:30 am		Cycle 45 10:15-11:00am
SilverSneakers® Cardio Circuit 11:35am-12:20pm		SilverSneakers® Muscular Strength 11:35am-12:20pm	SilverSneakers® Muscular Strength 11:35am-12:20pm	SilverSneakers® Muscular Strength 11:35am-12:20pm		
Step 5:30-6:30 pm	ZUMBA™ FITNESS 5:30-6:15 pm	Step 5:30-6:30 pm	GROUP KICK™ 5:30-6:30 pm ZUMBA™ FITNESS 5:30-6:30 pm	GROUP GROOVE™ 5:30-6:30 pm		
GROUP POWER™ 6:30-7:30 pm Beginner Cycle 6:30-7:30 pm	Cycle 60 6:30-7:30 pm GROUP KICK™ 6:30-7:30 pm	GROUP ACTIVE™ Family 6:00-7:00 pm GROUP GROOVE™ 6:30-7:30 pm	GROUP POWER™ 6:30-7:30 pm Hip Hop 6:30-7:30 pm Cycle 60 6:30-7:30 pm			
GROUP CENTERGY™ 7:30-8:30 pm	GROUP CENTERGY™ 7:00-8:00 pm		GROUP CENTERGY™ 7:35-8:30 pm			