



Group Fitness Studio Schedule



Healthtrax Fitness & Wellness - Enfield, CT	
3 Weymouth Road Enfield, CT 06082 860-745-2408 www.healthtrax.com	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
	Cycle 45 5:45am	 5:30am	Cycle 45 5:45am	 5:30am		
					Yoga 7:45am	
Cycle 45 8:00am		Interval Training 8:45-9:25 am	 8:45am	Cycle 45 8:00am	Cycle 45 8:00am	Cardio Blast 8:30am
 9:15am	 9:15am	Cycle 45 9:30am	 9:30am	Step & Sculpt 9:15am	Zumba 9:00am	 9:30am
	 10:15am					
SilverSneakers® Muscular Strength 11:15 am	SilverSneakers® Yoga Stretch 11:15 am	SilverSneakers® Muscular Strength 11:15 am	SilverSneakers® Cardio Circuit 11:15am	SilverSneakers® Muscular Strength 11:15 am		
	Cycle 45 4:45pm	 4:30pm	Cycle 45 4:45pm			
 5:30 pm	 5:45pm	 5:30pm	 5:45pm	 5:30pm		
 6:35pm		Cycle 45 6:35pm Yoga 6:35pm	Cardio Kickboxing 6:45pm			

Revised 7/13/10