



Healthtrax Fitness & Wellness – North Haven, CT

at the **Gaylord Wellness Center**
 8 Devine Street
 North Haven, CT 06473
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
	Aqua Fitness 6:30-7:30 am		Aqua Fitness 6:30-7:30am			
					Aqua Fitness 8:00-9:00 am	
Aqua Fitness 9:00-10:00am		Aqua Fitness 9:00-10:00am		Aqua Fitness 9:00-10:00am	Swim Lessons 9:00am-12:50pm	Swim Lessons 9:00am-12:20pm
	Aqua Fitness 10:00-11:00pm	Swim Lessons 10:00-10:30 am	Aqua Fitness 10:00-11:00pm			
		Silver Sneakers® Silver Splash® 11:15am-12:15pm				Adult Swim 11:50am-12:50pm
Swim Lessons 3:30-5:25 pm						
	Swim Lessons 4:00-5:25 pm			Swim Lessons 4:00-7:00 pm		
Aqua Fitness 5:30-6:30 pm	Aqua Fitness 5:30-6:30 pm		Aqua Fitness 5:30-6:30pm			
Adult Swim 6:30-7:30 pm	Adult Swim 6:30-7:30 pm					
Swim Lessons 6:30-7:00 pm	Swim Lessons 6:30-7:00 pm					