



# Group Fitness Studio Schedule



## Healthtrax Fitness & Wellness North Haven, CT

8 Devine Street  
 North Haven, CT 06473  
 203-281-7900  
 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
GROUP KICK 5:45-6:45am	GROUP POWER 5:45-6:45 am			Cycle 60 5:45-6:45 am		
				Fit for Life 8:10-8:55 am	Cycle 60 8:00-9:00 am GROUP KICK 8:00-9:00 am	Mat Pilates 8:00-9:00 am  Cycle 60 8:00-9:00 am
Cycle 60 9:00-10:00 am  Fit for Life 9:00-10:00 am	Muscle Challenge 9:00-10:00 am	Cycle 60 9:00-10:00 am  Fit for Life 9:00-10:00 am	Cardio Contact 9:00-10:00 am	ZUMBA FITNESS 9:00-9:45 am  Cycle 45 9:00-9:45 am  Just the Core 9:45-10:15 am	GROUP POWER 9:05-10:05 am	Cardio Blast 9:15-10:15 am
ZUMBA FITNESS 10:15-11:15 am	Step 10:15-11:15 am	GROUP POWER 10:15-11:15 am	Power Yoga 10:15-11:15 am	Muscle Challenge 10:15-11:15 am	Step 10:15-11:15 am	Cardio Contact 10:20-11:20am
SilverSneakers® Muscular Strength 11:30am-12:30pm	SilverSneakers® Yoga Stretch 11:30am-12:30pm	SilverSneakers® Muscular Strength 11:30am-12:30pm	SilverSneakers® Yoga Stretch 11:30am-12:30pm	SilverSneakers® Muscular Strength 11:30am-12:30pm		
Tai Chi 12:30-1:30 pm	Cycle 60 12:00-1:00 pm		Cycle 60 12:00-1:00 pm	Gentle Yoga 12:30-1:30 pm	Yoga 12:00-1:00 pm	
Step 4:15-5:15 pm	Yoga 4:30-5:30 pm	Fit Kidz 4:15-5:00 pm  Just the Core 4:30-5:30 pm	Step and Sculpt 4:15-5:15 pm	Muscle Challenge 4:15-5:15 pm		
GROUP POWER 5:30-6:30 pm	Cycle 60 5:30-6:30 pm GROUP GROOVE 5:35-6:35 pm	GROUP KICK 5:35-6:35 pm	Cycle 60 5:30-6:30 pm GROUP GROOVE 5:35-6:35 pm	Cardio Contact 5:30-6:30 pm ZUMBA FITNESS 5:30-6:30 pm		
Cycle 60 6:30-7:30 pm  Cardio Contact 6:40-7:40 pm	Step and Sculpt 6:40-7:40 pm	Cycle 60 6:30-7:30 pm ZUMBA FITNESS 6:40-7:40 pm	GROUP POWER 6:40-7:40 pm	Cycle 60 6:30-7:30 pm  Yoga 6:35-7:35 pm		
Yoga 7:45-8:45 pm	Tai Chi 7:45-8:45 pm		Yoga 7:45-8:45 pm			