



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.

Visit our [website](#) for class schedules, programs, services, events and announcements.



Happy Independence Day

**Healthtrax will be OPEN
7am - 1pm on July 4th**

**We wish you and your families a
safe and happy holiday!**



New Group Fitness Releases Launching in July

Our lively and action-packed group fitness classes are getting their quarterly update in July. Don't miss the launch of the brand-new moves and music--and don't forget to bring a guest for FREE!

Even if you're a pro, you'll enjoy a fresh challenge--and if you're new to group fitness or want to try a new class, this is your opportunity to experience the excitement while you learn the routines with the other members!

Super Sampler Launch Party

July 20 / 8:30-10:00 a.m.

Don't miss our 75-minute mash-up of all our group fitness classes!

The Latest on TraxTalk

This month on our TraxTalk blog, you'll find great tips on [starting and sticking with a fitness routine!](#)

Sports Conditioning Training Programs Available

Healthtrax offers a range of sport-specific small group training programs that can help you improve your conditioning and form. Maybe you and a group of friends want to work on your game together. If we don't already offer what you're looking for, we can design it!

If you're interested in improving your game in the summer off-season, [fill out this form](#) and one of our trainers will contact you.



[Click here to refer a friend in July!](#)

Visit the front desk today to schedule your free trial.*

Experience HydroMassage®

Sore Muscles? Stress?

*Relax and refresh with a warm water massage;
convenient and always ready when you need it*

HYDROMASSAGE
WELLNESS FOCUSED. INNOVATION-DRIVEN



*One free massage per member. Must be age 18 or older. Some restrictions apply.

Traveling jets move up and down the body with wave-like streams of heated water. HydroMassage helps you recover faster after a workout and it feels incredible!

Click the graphic to find out more about HydroMassage or to [schedule your free trial visit](#).

Do the latest health headlines have you puzzled? Do they sound too good--or frightening--to be true?

When you hear or read some health news, pause before you accept it. The headline may be only part of the story. Science is always evolving and changing, and some studies may be small and examine only very specific populations.

Major guidelines are generally based on many studies over time, not just one. If you have questions about health information and how it might affect you, talk with your doctor.

Source: Cleveland Clinic

Tip of the Month: Eat Well

What we eat can affect how we feel. A healthy balanced diet can lead to a healthy balanced mind. **Food is fuel!**

Summer Kids Days

Our summer camp is structured to improve children's growth, allowing kids to become independent and more self confident while socializing, making new friends and learning new skills.

Month of July
Mondays, Wednesdays, Fridays
9:30 a.m.

Contact [Divya Raja](#) for details and to register.

Seeking an Entrepreneurial Physical Therapist



Do you know a talented, entrepreneurial Physical Therapist looking to branch out on their own? Are you one?

We are opening an onsite Physical Therapy clinic in our Center and are actively interviewing. Please apply or forward this unique [career opportunity](#) to a qualified Therapist.

Advertise Your Business or Practice to Healthtrax Members!

Would you like a new way to advertise your business or practice to your fellow local Healthtrax members? Healthtrax is offering advertising in our monthly enewsletter. Your ad will be seen by over 1,000 members each month. We offer monthly ad options or annual packages.

Ads are sold on a first-come, first-served basis and space is limited. For more information, email ads@healthtrax.net.

Clear, consistent writing and design for marketing, editorial and business communications.
cerebration.biz | cere@cerebration.biz | 860-298-9224

Cerebration
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How Are We Doing?

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Healthtrax Fitness & Wellness at the **Bristol Hospital Wellness Center**

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