



**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.

### The Latest on TRAX Talk

Did you know? Yoga can reduce the stress hormone cortisol significantly, even after just one class. And it lowers blood pressure. The focus on the breath in yoga is a skill that is often taken off the mat and into real life with positive results.



Learn more about yoga and the benefits of other mind-body fitness classes in our [TRAX Talk blog](#).

## MARCH FITNESS OPEN HOUSE WEEK 25TH - 31ST

Special events, vendors & fitness demos all week!

Visit front desk for details and guest passes, or login to your Healthtrax Rewards account to email them.



*\*Guests must be age 18 years or older and first-time promotional visitor in past 6 months. Must bring a valid ID. Register at front desk each visit.*

# REFER A FRIEND AND BE ENTERED TO WIN 2 TICKETS TO THE PHANTOM OF THE OPERA

PROVIDENCE PERFORMING ARTS CENTER

The Phantom of the Opera

2 Tickets

Thursday, March 21st at 7:30PM

REFER A FRIEND TO HEALTHTRAX BETWEEN MARCH 1ST - MARCH 15TH.  
YOU'LL RECEIVE 1 ENTRY INTO THE CONTEST IF THEY TOUR AND  
5 ADDITIONAL ENTRIES IF THEY JOIN!

See Center staff for details and additional Guest Passes for your friends or send them one online by logging into your Healthtrax Rewards account: [healthtrax.com/healthtraxrewards](http://healthtrax.com/healthtraxrewards)

*\*Referral offer expires 3/15/19. Must refer a non-member, first-time visitor and local resident age 18 or older who tours between 3/1/19 - 3/15/19 to enter. Only valid on certain membership types. Must be a Healthtrax member to enter to win two tickets to The Phantom of The Opera Tickets. See a Membership Advisor for more information and full contest details and restrictions.*

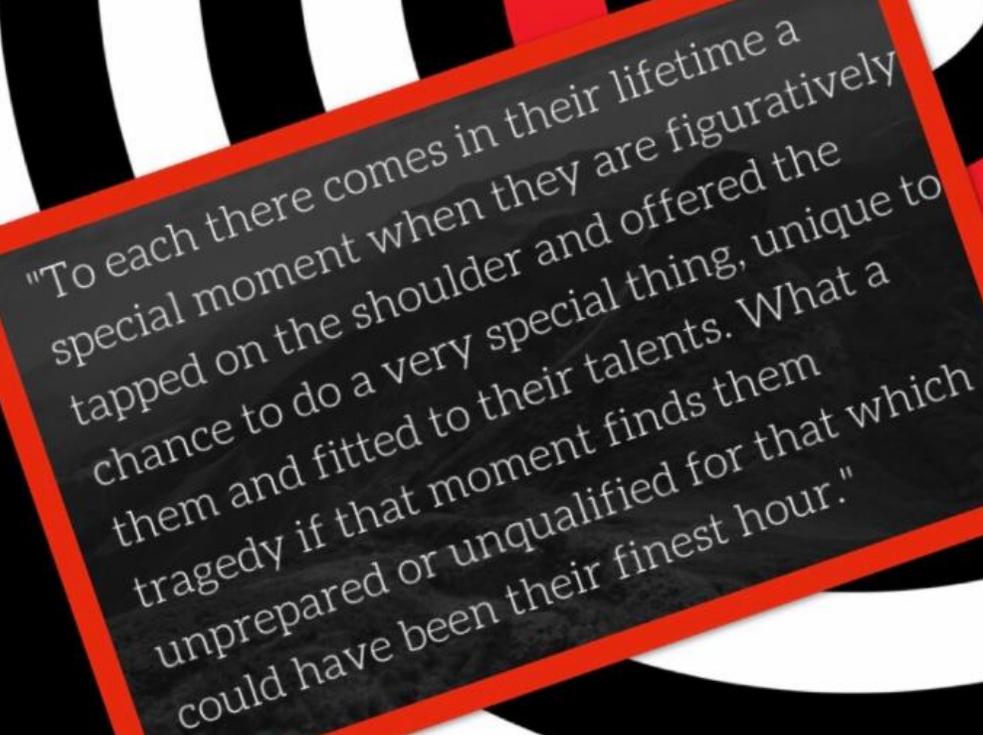
## Go Social for Exercise

Lack of interest in exercise is a common roadblock, especially for older adults and individuals with physical limitations or chronic conditions. The social aspect of physical activity in group exercise classes, like those included in your Healthtrax membership, can be a real motivator to exercise regularly.

Group exercise classes offered at your Healthtrax center may include Power, Zumba, Fight, Active, water aerobics, yoga, Pilates, chair exercise and more. No matter what your level of experience and ability, you're sure to find a favorite ... or, like many of our members, you can take a variety of classes to challenge yourself and keep your routine from becoming routine.

Either way, you'll find a wide variety of social, fun and as-challenging-as-you-want classes here at Healthtrax, all taught by certified instructors who make sure everyone in the class stays safe while having fun!

*Source: Journal of Applied Sport Psychology*



"To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour."

~Winston Churchill

### **Been thinking about a career in fitness?**

Check out current [full- and part-time job opportunities](#) at your center in **customer service, personal training; group fitness instruction and membership sales.**

### **How Are We Doing?**

We value your comments, suggestions and compliments. Your feedback helps us keep our promise of service excellence. Please [click here](#) to let us know how we are doing.

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**Healthtrax Fitness & Wellness** at the **East Providence Wellness Center**  
15 Catamore Blvd., East Providence | 401-434-3600 | [healthtrax.com](http://healthtrax.com)