




Class Schedule

Effective November 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:00am						

Descriptions

Kids Zumba-It's a fast forward fusion of the Zumba programs moves (salsa, cumbia, reggaeton, hip-hop and more) and high octane workouts designed to let children ages 4-12 max out on fun and fitness all at the same

155 Ashley Ave, West Springfield 01089 (413)781-0181 Fax (413)781-7641 www.healthtrax.com

Center Hours Monday – Thursday 5:00am - 10:00pm Friday 5:00am - 9:00pm Saturday 7:00am - 6:00pm Sunday 8:00am - 5:00pm

Kid Zone Hours

Monday - Thursday 9:00am – 12:00pm 4:30pm - 8:00pm Friday 9:00am – 12:00pm 4:30pm - 7:30pm Saturday 9:00am - 12:30pm