



Healthtrax
FIT FAMILIES FOR LIFE

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

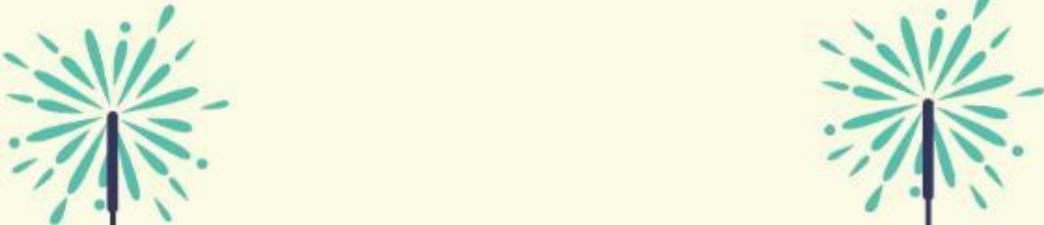
Visit our [Member Website](#) for class schedules, member services, upcoming events and special announcements.

Let Healthtrax Help You Keep Your New Year's Resolutions!

If living healthier is among your resolutions for 2018, Healthtrax can help! We offer lots of programs and amenities that can help you make real, consistent progress. Here are just a few of the options:

- **Healthy Start** for an individualized appraisal of where you are and how you can improve
- **personal training** for individual attention and customization to your needs and goals
- **small group training** for fun, cost-effective and challenging workouts
- **group fitness classes** for a variety of high-energy workouts--bring a friend to try a class for free!
- **aquatics center** for low-impact exercise that builds stamina
- **nutritional consultation** (where available) for better ways to fuel your body

Whatever level of fitness improvement you are looking for, Healthtrax can help you keep your resolutions and keep fit for life!



Get a **Healthy Start** to your New Year's Resolution and save!



Schedule a Healthy Start appointment with one of our fitness professionals in January to review your fitness resolutions and discover the best way to accelerate your results.

When you complete your Healthy Start appointment you will receive a complimentary 60 minute personal training session that can be applied toward any training program.



*Offer expires 1/31/18. Cannot be combined with any other offer. Does not apply to previously purchased sessions or packages. Redeemable by new joining clients only who are current member 18 years or older. Certain restrictions may apply. Training packages vary by Center.



www.healthtrax.com

Has Your Contact Information Changed?

If you have had a change in your personal information, such as **address, phone, emergency contact, etc.**, please stop by the front desk so that we can keep your information up to date.

Dear Valued Member

Our goal here at Healthtrax is to inspire, energize and help you and all our members on your fitness journeys in a safe and friendly environment. Because we value our members' experiences here, we continually make improvements to and perform maintenance on our facilities and equipment; license new classes and programs; and train our fitness staff on the newest fitness trends. To reflect our dedication to helping families get fit for life, to maintain the high level of services and programs that you expect from Healthtrax and to keep pace with rising business costs, we need to increase the individual member dues by \$1/month and \$2/month for a couple or family membership. The change will occur in January 2018.

As a reminder, there is an annual facility enhancement fee of \$35, which will be billed in once a year. This annual fee supports the continuous maintenance and upkeep of the Center. A portion of this fee may also go toward larger Center upgrades.

The rate increase and/or the annual facility enhancement fee may not apply to some membership types.

If you have any questions, please speak to your Center manager.

Join Our Journey & Our Team in 2018

Start 2018 off in a job you love! **Experienced career sales people, personal trainers, group fitness class instructors** and **customer service enthusiasts** are all welcome to apply to enhance our already amazing team. Check out our open roles online or forward this to a friend. It's easy to [apply online](#), too!

A fitness career with Healthtrax includes competitive compensation, incentives and recognition; full-time benefits including medical, dental and 401K; training and workshops; and career advancement potential with opportunities in our 17 locations in 6 states.

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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Follow us on **twitter**

FOLLOW US ON **Pinterest**

Healthtrax Fitness & Wellness at the **Hartford Hospital Avon Wellness Center**

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