

Member News



Healthtrax[®]
Fitness & Wellness

Stay connected to Healthtrax, whether at home, at work or on the road. Visit our [Member Website](#) for class schedules and member services or [News & Events](#) to learn about upcoming events and special classes at your Center.

Happy Holidays & Merry Fitness from Healthtrax

We're giving all Members coupons and passes for you and your friends including:

Free Personal Training • Rewards Points
Special Passes To Share The Gift Of Fitness

Check your email or stop by the front desk.

A New Look for Healthtrax is Coming!

Our goal here at Healthtrax Fitness & Wellness is to inspire, energize and help you and all our members on your fitness journeys in a safe and friendly environment. Because we value all our members and your experience here, we are updating our physical appearance (both in our Centers and in our branding) to more closely reflect our dedication to helping families get fit for life.

Over the next month or so, you'll begin seeing a more vibrant appearance at the Center. We hope you like it! We are constantly looking for ways to improve our services and your member experience, so please let us know what you think.

HOLIDAY FIT PACK

GIVE THE GIFT OF FITNESS.



SALE



ONLY \$79 (A \$200 VALUE!)

For all fitness levels.

Still looking for great Holiday gift ideas? Give the gift of Fitness with the Healthtrax Holiday Fit Pack. Stop by the Front Desk to purchase or for more information.

Healthtrax Fit Pack Includes*:

- ✓ 1 - 30-DAY MEMBERSHIP
- ✓ 1 - FITNESS ASSESSMENT
- ✓ 1 - INBODY570 SCAN
- ✓ 1 - PERSONAL TRAINING SESSION

* Activate Fit Pack membership by 1/30/18. 30 consecutive days. Redeemable only by non-members, 18 or older.

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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.

Have a Sweet Holiday Without the Extra Sugar

Did you know that seasonings can add sweetness to some of your holiday foods without the extra sugar and calories? Allspice, cardamom, cinnamon, ginger, mace and nutmeg all make great additions to holiday foods and baked goods. Try one of these ideas for a sweet and

healthy treat:

- **Try adding ginger to a fruit glaze.** Blend frozen raspberries with a pinch of ginger and a small amount of fruit juice concentrate and toss the glaze with fresh berries or sliced fruit.
- For a warm treat, **add a cinnamon stick to your coffee grounds** before brewing. Top with nonfat or low-fat whipped topping and a sprinkle of shaved chocolate and enjoy!

Find Your Balance

Improve your strength, flexibility and, most importantly, your balance in this 50-minute multidimensional class.

Ongoing
Tuesday / 10:45 a.m.

Contact [Fern Fitzgerald](#) for more information or to sign up.

Bike to Barre

Join us for 30 minutes of cycling and 30 minutes of Barre class.

Ongoing
Monday / 8:45-10:00 a.m. *and*
Wednesday / 10:00-11:15 a.m.
\$240 for 8 weeks (2 sessions per week)

Contact [Fern Fitzgerald](#) or visit the front desk for detail and to register.

Healthtrax Career Fair December 7

Be in a job that fulfills you, surrounded by like-minded people! We are hiring full time career-minded **membership sales professionals and experienced personal trainers** and part-time **customer service enthusiasts**.

Come to our Career Fair on **Thursday, December 7** from **12:30-2:30 p.m. and 5:30-7:30 p.m.** at **every Healthtrax Fitness & Wellness** location.

Attend the Career Fair or tell a friend about this great opportunity. 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 18 locations in 7 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**

at the **Hartford Hospital Avon Wellness Center**

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healthtrax.com