



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.
Visit our [website](#) for class schedules, member services, upcoming events and special announcements.

July 4 Holiday Hours

We will be open **7:00 a.m.-1:00 p.m.** on Wednesday, July 4. Please call the Center to check on group fitness classes and kidZONE.

SILVERSNEAKERS MEMBERS

PLEASE STOP BY THE FRONT DESK
OR [CLICK HERE TO EMAIL US](#)

before September 1st to schedule a time to speak with a
Membership Advisor regarding changes to the SilverSneakers program.



REFER A FRIEND

AND BE ENTERED TO WIN

Win 2 Justin Timberlake Tickets

+ an Overnight Stay at Mohegan Sun!



Don't miss out on this year's hottest concert - Justin Timberlake — The Man Of The Woods Tour is coming to the Mohegan Sun Arena in Uncasville, CT December 21st, 2018!

The ONLY way to enter to win is to refer a friend to Healthtrax between June 15th and August 15th. You'll receive 1 entry into the contest if your friend visits Healthtrax and takes a tour, and 4 additional entries if they join!

PLUS Healthtrax Rewards Members will receive 400 rewards points if your friend joins.

See Center Staff for details and additional Guest Passes for your friends, or send them passes online by logging in to your Healthtrax Rewards account: Healthtrax.com/HealthtraxRewards



*Referral offer expires 8/15/18. Must refer a non-member, first-time visitor and local resident age 18 or older who tours between 6/15/18 - 8/15/18 to enter. Only valid on certain membership types. Must be a Healthtrax member to enter to win two tickets to Justin Timberlake—The Man of the Woods performance and an overnight stay at Mohegan Sun in Uncasville, CT on December 21, 2018. Certain restrictions may apply. See a Membership Advisor for more information and full contest details and restrictions.

www.healthtrax.com |    

Watch for Signs of Heat Illness

Are you in a heat wave? Learn the signs of heat illness. If you experience heat rash and cramps, seek cooler temperatures and replace lost fluids.

Heat exhaustion and heat stroke are far more serious, even deadly. They happen when the body can no longer cool itself properly.

- **Signs of heat exhaustion** include heavy sweating, paleness, muscle cramps and weakness
- **Signs of heat stroke** are red, hot and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; nausea; and high body temperature

Anyone with these symptoms should move out of the heat and seek emergency medical attention.

Next Up: Men's Locker Room Renovation

We will begin our men's locker room upgrade on July 2 and expect to complete work in three weeks. Improvements will include new carpet tiles, new floor and wall ceramic tile, installation of quartz vanities and dry grooming stations, new plumbing fixtures, enhanced lighting and other aesthetic upgrades.

To minimize disruption, our construction team will focus on the vanity, sink, toilets and urinal area first. The lockers and showers will be available for use during this time. While the upgrades are in progress, our male members and guests will have access to the restroom, sink and vanities in our family changing room. Additionally, the restrooms at the front of the building and on the second floor will be available for use.

Healthtrax staff members will be available to answer your questions. We will send email updates throughout the renovation process and will also post updates at the front desk and in the Alerts section on the [website](#).

Thank you for your patience while we make these necessary upgrades.

Now Hiring Personal Trainers

Healthtrax personal trainers: *more than just a job ... it's a life's passion.* [Apply online today!](#)



Healthtrax trainers enjoy:

- opportunity to advance through multiple tiers and compensation levels
- generous quarterly bonuses & commissions
- full-time benefits package, including medical, dental and 401K
- professional development, including CEUs, certification renewal and specialty training discounts, workshops and more
- long-term career growth opportunities ... advancement to head trainer and beyond is possible
- the chance to work with a wide spectrum of highly motivated members



Making a Difference

Healthtrax has a rich history of serving our communities' fitness needs since 1979 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.

Like us on **Facebook**

Follow us on **twitter**

FOLLOW US ON **Pinterest**

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

100 Simsbury Road, Avon | 860-284-1190 | healthtrax.com

