



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.

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.

Congratulations to Phyllis Daniels on Her Retirement

Best wishes to Phyllis! For 31 years, Phyllis has worked in our office and front desk. Her smile and friendly personality brightened up the day for all of us. Congratulations and enjoy!

Summer Group Fitness Schedule Available

Check out our summer group fitness schedule at the Center or on our [website](#).



TRX with Liddy

TRX suspension training delivers results with dynamic total body exercises that build strength, balance, flexibility and core stability through hundreds of functional exercises.

July 12-August 16
Thursdays / 5:00 p.m.
\$90 members / \$120 nonmembers

Contact [Liddy Pepin](#) for details and to register.

Oncology & Lymphedema Massage with Michelle Belcher

Michelle is a massage therapist and personal trainer who provides services for not only cancer patients but anyone looking for the benefits of a massage. For oncology patients and survivors, she safely works with the complications and lingering effects of cancer treatments, using gentle massage to encourage natural drainage of the lymph nodes.

\$65 per hour

Contact [Michelle](#) at 617-365-5108 to make an appointment.

Swim Lessons for Children

This 8-week session is for children ages 6 months and up. Levels 1-4 and parent/child Aquatot classes are offered.

Starts Sunday, July 8
Various times, 7 days a week
\$80 members / \$120 nonmembers
Pre-registration is required

Contact [Josselyn Gouveia](#) for details or to make an appointment.

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 Southcoast Wellness Center

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