

PROMOTIONAL FEATURE

Healthtrax Newington a flexible center

NEWINGTON

STAFF

As covid-19 restrictions continues to lift, Healthtrax Newington remains flexible in meeting different needs and making sure the Newington Wellness Center is a safe space to exercise.

“We’ve all experienced change, challenges and disruption to everyday life,” Healthtrax Newington says. “Through it all, your Fit Family at Healthtrax is still here. We remain your constant in a world full of change.”

Healthtrax Newington, located at 375 E. Cedar St., is offering month-to-month contracts to new members with no commitments. They are also currently providing members

with both virtual and in-person fitness classes through their personal training services, state-of-the-art equipment, a variety of group fitness classes, customized health programs, senior-only programs, young adult membership and other activities.

“Whether you’re an experienced exerciser or a beginner, our goal is to optimize your well-being no matter what state you might be in. The best way to stay healthy and build a stronger immune system is to stay active and fit,” they said.

Opened in 1979, Healthtrax Newington has 28,000 square feet of fitness space, including an indoor lap pool and whirlpool, group exercise studios, an extensive fitness floor, racquetball courts and a basketball court. They are also a sponsor and official fitness and training center for the New Britain Bees team.

While the center remains vigilant in protecting the staff and members through enhanced cleanliness and sanitation policies, those interested are encouraged to sign up for a complimentary “safe start appointment” to see all of the cleaning and safety protocols firsthand. Masks are currently still required for all members who are not fully vaccinated.



Healthtrax Newington’s swimming pool, ready for old and new members to use.

Courtesy photo

There are currently a variety of programs available to members, including group fitness classes such as Zumba, yoga, cycling, Pilates and more. For those interested in using the aquatics center, reservations are currently required. Schedules and reservations can be made at healthtrax.com/locations/newington.

Other amenities include swim lessons, personal and group training, healthy start program, basketball, racquetball, baby-

sitting and kids programming, kid’s birthday parties, weight training, hydromassage, nutrition coaching and physician referred exercise programs.

Healthtrax Newington’s hours of operations are Monday-Thursday: 5 a.m.-7:30 p.m., Friday from 5 a.m.-5 p.m., Saturday from 8 a.m.-1 p.m., and Sunday from 8 a.m.-1 p.m. The kidZONE is temporarily closed. For more information, call 860-666-8451 or visit healthtrax.com/locations/newington.

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