

PROMOTIONAL FEATURE

# Healthtrax renovates facility for social distancing

## TOWN

By KELLY BROWN  
@NEWBRITHERALD

The Healthtrax of Newington recently renovated its East Cedar Street center, focusing on adhering to all CDC guidelines and ensuring state mandates are being met.

Members of the Newington Healthtrax are back at it, enjoying group exercise classes spaced 12 feet apart, getting their heart pumping in the cardio center, which has their machines spaced six feet apart, all of which are allowing members to exercise mask free. They have completely redesigned their weight rooms to allow social distancing of six feet apart. Their pool provides aqua fitness to members who reserve lap lanes in half hour time slots.

Their maintenance staff works continuously in cleaning the center and the equipment, providing the safest environment possible for their members.

“To help prevent the spread of covid-19 and keep the facility sanitized, we have

set up numerous equipment disinfectant stations as well as hand sanitizing stations,” Assistant Site and Membership Director Antonio Garcia said. “These stations are set up in every area that is open to our members, from our front entrance all the way down to our pool. We also have a deep clean/disinfectant every night after hours, specifically focusing on high touch point areas. In addition all personal training clients as well as staff members are required to get their temperatures checked and have the luxury of training in our Personal Training Only area. I truly believe here in Newington, we’re all doing our part to keep the center clean and safe for all of our current and future members.”

Healthtrax offers a wide variety of group exercise classes that range from high impact/energy classes to yoga and senior classes that provide exercises that can be done in a chair. Their spacious studios have 12 feet safety distancing between members which allow a mask free experience while staying safe.

“Group exercise classes are the heartbeat of our center,” boasts Garcia. “They’re a club

within our club in my opinion. Everyone who participates in group exercise can attest to the fact that it’s truly like a family and I think that’s most important now more than ever, due to covid-19 concerns. These classes are fun, engaging, challenging but most importantly safe due to our designated ‘Safe Zones’ marked in every class. Everyone is required to stay in their safe zone so they may exercise without a mask on; even our aquatics classes successfully have safe zones.”

Healthtrax has been helping people get healthy and stay healthy since 1979. They employ over 1,500 people nationwide and improve the health of tens of thousands of individuals and the employees of hundreds of client companies throughout the United States. Their expert team provides members with a comfortable, clean place to be healthy, have fun and connect with friends and family.

“In my opinion what sets us apart is our prideful commitment to ensuring every member enjoys a clean facility, friendly staff and quality programs every time they visit us,” Garcia said. “Our group classes and personal training team is second to none and



Healthtrax of Newington  
A personal trainer works with a client in the facility's Personal Training Only area.

our Aquatics Center is unlike any other gym or health facility in the state, let alone central CT. Although the covid-19 pandemic and the current state of CT mandates limit what amenities we can offer at the moment, we fully plan on opening things up as soon as we can safely and efficiently.”

They encourage new members to book a “Safety Start Session” with one of their personal trainers, which includes a 30 minute tour

showcasing new and updated preventative measures and cleaning protocols that is geared to ease members back into a fitness routine. They will also answer any questions you may have about covid-19 concerns. They also offer complimentary classes for new members to be able to come in for a one time class to get a feel for what they have to offer.

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