Healthtrax: 40 years of getting Newington fit

By PATRICE FISHER
STAFF WRITER

NEWINGTON — A lifetime of wellness and something for everyone is what Healthtrax Fitness & Wellness offers — and more — at 375 E. Cedar St. Since 1979, Healthtrax has provided the area with motivation, fitness classes, exercise studios, swimming lessons, racquetball, a basketball court, and an indoor and outdoor pool. Some of the new offerings include hydro-message and personal training, also called Trax Training.

For Jason O’Tash, area director, good customer service is about, “the desire for members to utilize the center instead of just holding memberships.” From the moment you walk through their doors it’s all about you. “We get to know our members, ask them how their families are and then seeing those generations years later,” says O’Tash.

In support of families, the center offers Kidzone to help members with child care services at no additional fees. Kidzone is for children eight weeks to 13 years old and offers entertainment based on age and a babysitting service, O’Tash explains, that “allows parents the ability to meet their fitness goals, without worrying about their children.”

Healthtrax also has a program called ‘Junior Strength’ through Trax Training for children 10 to 13 years old.

Healthtrax Fitness & Wellness has several locations throughout the Northeast, totaling 17 locations. Healthtrax is results-driven and begins this process by educating members during their Healthy Start appointment. This appointment is scheduled within the first 3 to 5 days of becoming a member of Healthtrax and is with a fitness professional.

“We find out from our members where they are and what they are doing for their fitness.” O’Tash says. This program is a part of the “onboarding” process that begins with an orientation followed by assessment using the InBody 570 body composition analysis and later a follow-up on how the person is doing.

Entering its 40th year, Healthtrax has new fitness classes such as The Pounds and Tribe and is testing new fitness classes in this location as well as others. Personal training includes group training as well as one-on-one. Group training can have up to 12 members and is a twice a week, an eight-week class to ensure fitness goals. Personal training administrators Inbody 570 body composition, fitness assessment, injury rehabilitation, sports conditioning, semi-private, and advanced training.

O’Tash believes that “half the battle is what they do outside and the other half what they do inside the center.”

Going forward the center wants to continue to be the number one choice in fitness because of its wide array of services. The 28,000-square-foot fitness space houses the most up to date machines and provides plenty of space for members to feel comfortable.

For more information on Healthtrax Fitness & Wellness, visit www.healthtrax.com or call 860-666-8451. The center hours are, Mon.-Thurs. 5 a.m.-10 p.m., Fri. 5 a.m.-9 p.m., Sat.-Sun. 7 a.m.-5 p.m.

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