



Healthtrax

EMPLOYEE  
FITNESS  
BENEFIT

PROUD TO PARTNER WITH



PROSPECT MEDICAL  
HOLDINGS, INC.

## EXCLUSIVE BENEFITS



### HEALTHY START PROGRAM

- Customized fitness recommendation from a certified personal trainer
- FREE InBody Scan of your body metrics.



### GROUP FITNESS CLASSES

- Yoga
  - Pilates
  - Cycling
  - Zumba
  - Mossa and much more!
- (Classes vary by location)*



### POOL & AQUA CLASSES

*(Select Locations)*



### PERSONAL & GROUP TRAINING

No Enrollment! No Commitment!  
All Access Multi Club Packages.  
Join anytime!

**\$20 PER MONTH  
OFF ALL  
MEMBERSHIPS!**

### LEARN MORE!

Scan QR code to learn more  
about us or visit us at  
[healthtrax.com/pmh](https://healthtrax.com/pmh)



\*2024 Pricing shown only valid for Prospect Medical employees 18 years and older. Pricing, programs, promotions, and amenities vary by location.

## FREE GUEST PASS

**1 Day Guest Pass to try us out!**

Call ahead before your first visit.

Must be 18 yrs or older. Programs, promotions, and amenities vary by location.

Questions? Call 800-505-5000

[www.healthtrax.com](https://www.healthtrax.com)

Follow us!



**Healthtrax Centers:** Enfield CT, Glastonbury CT, Newington CT, Bristol CT, Avon CT, West Springfield MA, North Dartmouth MA, East Longmeadow, MA, Warwick RI, East Greenwich RI, East Providence RI, Raleigh NC, Moorestown NJ, Garden City NY  
**Trax Training & Fitness Centers:** Scitico Enfield CT, North Haven CT