

Healthtrax Fitness & Wellness - West Springfield

west springfield

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Healthtrax Fitness & Wellness - West Springfield

Healthtrax Fitness & Wellness: A Comprehensive Overview

Located in West Springfield, Massachusetts, **Healthtrax Fitness & Wellness** offers a variety of amenities designed to accommodate everyone, including families with children. With a focus on accessibility and inclusivity, this fitness center has become a popular choice for those seeking a comprehensive workout experience.

A Family-Friendly Environment

Healthtrax is **good for kids**, offering swimming classes specifically designed for younger members. The facility features a well-maintained **swimming pool** that is ideal for both leisure and structured lessons. Many parents appreciate the attentive staff in the kids' zone, ensuring a safe and enjoyable environment for their children.

Accessibility Features

The fitness center prides itself on **accessibility**. It provides a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easy for all guests to access the facility. This commitment to inclusivity allows individuals with different mobility needs to benefit from the wide variety of services and equipment available.

Facilities and Amenities

Healthtrax boasts an impressive range of **amenities**, including:

Sauna: A wonderful way to relax after an intense workout. **Swimming Pool:**

Perfect for both lap swimming and aqua classes. **Basketball Court:** For those looking to engage in team sports or a casual game.

While many members enjoy these facilities, some have noted that maintenance could improve. There are occasional reports regarding equipment being out of order, which can hinder workout routines.

Training and Coaching

The personal training program at Healthtrax receives high praise. Trainers like **Ben** and **Jim** have been highlighted for their personalized approach, helping clients achieve their fitness goals while accommodating past injuries and individual capabilities. Members have reported significant improvements in their strength and confidence, thanks to the engaging and supportive training sessions.

Membership and Community

Membership is required to access the facilities, and while some members feel the fees are justified given the extensive offerings, others have expressed concerns about rising costs without corresponding service improvements. The community atmosphere, however, remains a strong point, with many users recommending Healthtrax as a fun and inclusive place to work out.

Conclusion

In conclusion, Healthtrax Fitness & Wellness in West Springfield is a multifaceted fitness center that accommodates families and individuals alike. While there are areas needing attention concerning maintenance and customer service, the welcoming environment, extensive facilities, and dedicated trainers make it a notable option for anyone looking to maintain an active lifestyle.

The address of our establishment is

155 Ashley Ave, 01089 West Springfield, Massachusetts - United States (US)

The contact phone of this **Fitness center** is +1413-781-0181

And if you want to send a WhatsApp, you can do so at +1413-781-0181

Our opening hours are:

Day	Hours
Monday	7?AM–5?PM
Tuesday	8?AM–1?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	5?AM–9?PM
Saturday	5?AM–9?PM
Sunday	5?AM–7?PM

The website is Healthtrax Fitness & Wellness

If you wish to adjust any detail that you think is incorrect about this portal, please deliver a message so we can we will adjust it promptly. In advance we appreciate it.

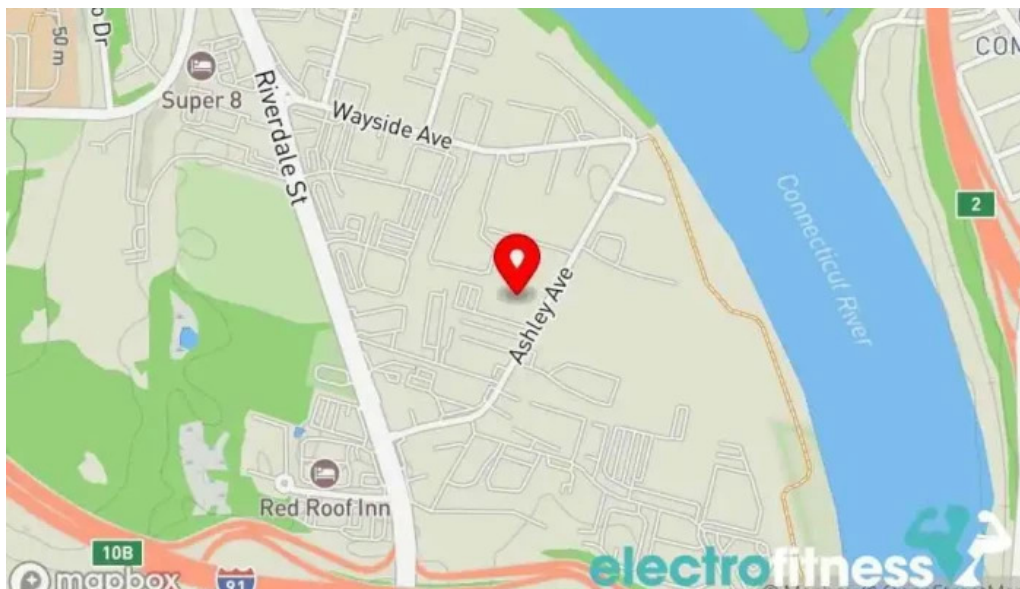
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Healthtrax fitness wellness street view 360deg



Healthtrax fitness wellness map



Healthtrax fitness wellness gym



Healthtrax fitness wellness by owner



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Tags

Planning, Swimming pool, Basketball court, Sauna, Amenities, Children, Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance, Membership required, Good for kids

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