



About Healthworks

Part mind. Part body. All women.

Founded in 1977, Healthworks Fitness Centers for Women has been operating women-only facilities for thirty years. Healthworks provides its members with a supportive and progressive environment to meet their fitness and wellness goals. With locations in the Back Bay, Brookline, Cambridge, Chestnut Hill and Salem, Healthworks currently serves over 18,000 members throughout Massachusetts.

In 1997, Healthworks was embattled in a sexual discrimination lawsuit and the Court ruled that Healthworks was in violation of Massachusetts' public accommodations law. After prevailing in their legal battle and lobbying to change state law, Healthworks reaffirmed its fundamental belief in the importance of fitness facilities especially for women. The company was confident that it could impact the community through fitness. This led to the formation of the Healthworks Foundation in 1998.

With the influence of the "Women helping Women" mindset, the Foundation fulfills its mission "to fund outreach projects and non-profit fitness centers that lead to the health, betterment, and empowerment of women and children in the Dorchester community." Through 1.25% of all Healthworks Membership dues, the Foundation operates two not-for-profit facilities in Dorchester, MA. The second facility opened in October 2008 and has an additional focus on children's fitness and the growing epidemic of childhood obesity.

Healthworks has won numerous awards and accolades:

- "One of 10 Best Gyms in America" ~ Fitness Magazine, January 2004
- "Best Women's Exercise Class" ~ Improper Bostonian, July 2008
- "Best Women's Workout" ~ Improper Bostonian, July 2007
- "Reader's Pick: Best Health Club" ~ The Boston Phoenix, 2007
- "Best Gym, Back Bay" ~ Boston Magazine, August 2006
- "Best Gym" ~ The Weekly Dig, Reader's Choice Award, December 2008

Our mission at Healthworks Fitness Centers for Women:

- Remain a leader in our commitment to member service
- Operate quality and progressive facilities and fitness programming
- Encourage and motivate women's health and fitness