

Open House 2009

October 19th - 23rd

TUESDAY OCTOBER 20th



At Back Bay

Personal Training Day!

Come in for your chance to receive 2 free express personal training sessions!

The first 5 visitors each hour that we are open will receive a certificate for the sessions.

Meet the Trainers all day! Trainers will be available to answer your fitness questions and help you make sure that you are getting the most out of your workouts.

Come hear about our INNOVATIVE results oriented programming, as well as ask those burning questions!

- | | |
|-----------|--|
| 7:00 AM: | Alyssa K will be in the lobby for all Q & A |
| 12:00 PM: | Kate will be in the Lobby for all Q & A |
| 5:00 PM: | Ian will be in the Lobby for all Q & A |
| 6:00 PM: | Savannah will be in the Lobby for all Q & A |
| 7:30 PM: | Sam will be in STUDIO ONE handling "HOT TOPICS"! |

HEALTHWORKS
FITNESS CENTERS FOR WOMEN