

Open House 2009

October 19th - 23rd

TUESDAY OCTOBER 20th

At Brookline 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.

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| 8:00-9:30am: | Patti is offering 15 minute needs and goal analysis |
| 8:00-9:00: | Sarah B. will set up a Focus table with a questionnaire to win prizes |
| 9:00-10:00: | Amanda Aller is offering 15 minutes to flatter abs |
| 10:00-12:00: | Lauren Janas is doing fitness assessments |
| 11:00-12:00: | Ann Seelye is offering Balance Assessments and Tips |
| 12:00-1:00 pm: | Patti is offering 15 minute needs and goal analysis |
| 1:00-3:00: | Eric Hubert is offering 15 minute coaching consultations focused on client's fitness goals |
| 4:30-5:30: | Amanda Aller is offering 15 minutes to flatter abs |
| 4:30-5:30: | Sarah A. is offering "Ask the Running Coach" |
| 4:00-6:00: | Sarah B. will set up a Focus table with a questionnaire to win prizes |
| 5:00-6:00: | Ilene Kenney Bootcamp Champion is offering a complimentary bootcamp workout in the group training studio |
| 6:00: | Lisa Dresden and Sarah A. are setting up an info table for Ready, Set, Run. They'll be passing out HW water bottles and info about running outside in cold weather. |
| 4:00-10:00pm: | Meet our new trainer Heather! She's on shift and excited to share her fitness knowledge; featuring TURBO KICK 4:30-5:00 pm and 8:00-8:30pm in the group training studio |

HEALTHWORKS
FITNESS CENTERS FOR WOMEN