

Open House 2009

October 19th - 23rd

THURSDAY OCTOBER 22st



HEALTHWORKS
FITNESS CENTERS FOR WOMEN

At Cambridge

Group Fitness Day

Attend special classes throughout the day for your chance to win Healthworks merchandise and free PoweradeZero samples.

Morning Fitness Flashback!

6:15am - Muscle Fitness Flashback with Kate

BODYPUMP Party!

11:00am - Team Taught with Kate and Claudia

BODYJAM Boston Premier! - at Back Bay

Get a sneak peak of the next great class at Healthworks: BODYJAM. Coming to Healthworks Back Bay and Cambridge in January, BODYJAM is a 55 minute workout set to the latest music and dance moves. It's cardio at it's best for those with a passion for movement. You will burn calories, increase your fitness levels, and -best of all- dance better! Led by US BODYJAM Program Coach and Master Trainer Mysti Oglesby on the Stage in Studio 1 Back Bay!

6:30pm - Space is limited. Get there early!

US BODYJAM Program Coach and Master Trainer Mysti. Funky and fabulous Mysti brings her 15 years of gymnastics and dance to the floor when she shares the magic of movement with those who train with her.

"I am passionate about showing people that through hard work, dedication, and a positive attitude that you can make your dreams come true."