

Open House 2009

October 19th - 23rd

TUESDAY OCTOBER 20th

At Cambridge Personal Training Day!



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

We will be raffling off 5, 2 Express Pack sessions each hour upstairs at the trainer table!

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.

6:00-7:00am	Beth Barnes	Fitness Program Review
7:00-8:00am	Andrea Wilson	Core Strength
8:00-9:00am	Jenny	General Fitness
9:00-10:00am	Martha T	Pilates
10:00-11:00am	Martha T	Pilates
11:00-12:00	VJ	FMS
12:00-1:00	VJ/Sunny	FMS / BURN
1:00-2:00pm	Sunny	BURN / Triathlon Training
4:00-5:00pm	Joanne	Boxing Training
5:00-6:00pm	Marcy B	General Fitness
6:00-7:00pm	Erica	General Fitness
7:00-8:00pm	Sunny	Core Stability
8:00-9:00pm	Erica	General Fitness
9:00-10:00pm	Erica	General Fitness