

Open House 2009

October 19th - 23rd

TUESDAY OCTOBER 20th



HEALTHWORKS
FITNESS CENTERS FOR WOMEN

At Chestnut Hill

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!

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| 6:00-9:00 AM: | Sid will be in the lobby for all Q & A |
| 9:00-9:30 AM: | Jane will be in the Lobby for all Q & A |
| 10:00-11:00 AM: | Karl will be in the Lobby for all Q & A |
| 11:00-12:00 PM: | Becky will be in the Lobby for all Q & A |
| 5:30-7:30 PM: | Tyler will be in the Lobby for all Q & A |

Pilates Reformer Demo: 4:30-5:00pm with Karen

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Pilates for Breast Cancer research!!

All donations for the class will be donated for Breast Cancer research - \$10 donation to participate
Breathe Studio from 9:30am-10:30am