

Open House 2009

October 19th - 23rd

THURSDAY OCTOBER 22st



HEALTHWORKS
FITNESS CENTERS FOR WOMEN

At Salem

Group Fitness Day

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

8:00-12:00pm - Joyce will be offering complementary chair massage, parafin hand treatments, moisturizer application with face massage

Complementary Skin Consultations throughout the day

6:15-7:30pm - 75 minute ROCKSTAR Spin

8:00-9:00am - Neck and Shoulder Release Clinic

9:00-10:00am - MASTER DANCE

Morning Fitness Flashback!

6:15am - Step Fitness Flashback with Janice

BODYPUMP Party!

10:00am - with Lori

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!