

# Open House 2009

October 19th - 23rd

## TUESDAY OCTOBER 20th

### At Salem

## 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.

6:30-7:00am	Upper Limits
7:00-7:30am	Bootcamp Challenge
7:30-8:00am	Ask the Trainer
8:00-8:30am	Ask the Trainer
8:30-9:00am	TEAM Results Info Session Core Fusion
9:30-10:00am	FMS Screenings
10:00-10:30am	FMS Screenings
10:30-11:00am	FMS Screenings Step, Kick, Punch
11:00-11:30am	EXTEND Demos Travel Light Workshop Bike, Bounce, and Burn
11:30-12:00am	EXTEND Demos
4:30-5:00pm	Ask the Trainer
5:00-5:30pm	Ask the Trainer Restore the core
5:30-6:00pm	Ask the Trainer EXTEND Demos Circuit Training
6:00-6:30pm	Ask the Trainer EXTEND Demos Circuit Training
6:30-7:00pm	Ask the Trainer EXTEND Demos
7:00-7:30pm	Ask the Trainer
7:30-8:00pm	ROLL With It Workshop

**HEALTHWORKS**  
FITNESS CENTERS FOR WOMEN