

JOIN US FOR OUR OPEN HOUSE!

FEBRUARY 11TH - 16TH

The week's scheduled fitness programs include:

SATURDAY, FEBRUARY 11TH

10:00 a.m. - Blood pressure screenings with Allison (Fitness Office)

10:45 a.m. - Partner Prenatal Yoga with Helene. Men are welcome.

11:00 a.m. - Cardio Drill demos with Allison (MOVE)

SUNDAY, FEBRUARY 12TH

9:00 a.m. - Treadmill Interval Demos with Meredith (BURN area)

11:30 a.m. - Sweet Heart Cycle with Julie - Join Healthworks for a 45 minute cycling class in honor of Valentine's Day. Grab your sweetheart, a friend or family member. Men are welcome.

12:00 p.m. - Run Your First 5K with Allison (BRACE)

1:00 p.m. - Body Composition Analysis with Meredith (Fitness Office)

MONDAY, FEBRUARY 13TH

8:30 a.m. - Cardio Drill Demos with Allison (BRACE)

5:00 p.m. - Guided Meditation with Jill (Breathe)

5:00 p.m. - Body Composition Analysis with Julie (Fitness Office)

7:00 p.m. - Blood Pressure Screenings with Julie (Fitness Office)

TUESDAY, FEBRUARY 14TH

8:00 a.m. - Abs & Glutes Demo with Meredith (MOVE)

10:30 a.m. - 30-Minute BURN Demo with Liz (BURN area)

5:00 p.m. - HWX Demo with Sid (Studio X)

5:30 p.m. - 30-Minute BURN Demo with Liz (BURN area)

WEDNESDAY, FEBRUARY 15TH

8:30 a.m. - TRX Demo with Sid (Studio X)

9:30 a.m. - HWX Demo with Sid (Studio X)

THURSDAY, FEBRUARY 16TH

9:30 a.m. - 30-Minute BURN Demo with Allison (BURN area)

10:00 a.m. - 30-Minute BURN Demo with Meredith (BURN area)

6:00 p.m. - Partner Tango with Guest Instructor (will replace Body Pump)

7:00 p.m. - TRX Demo with Sid (Studio X)

Book any 50 or 80 minute massage service during open house week and receive a 2nd massage during the month of March at 40% off. (Massage certificates are non-transferrable & cannot be combined with any other offer.)