

FOCUS TRAINING

Brookline September 2010

Focus Training at Healthworks is a series of training programs that take place in small groups and have a specific format, schedule and focus. Included in Focus Training is BURN, Gravity and Pilates Reformer groups.

MONDAY

| | | |
|--------|-----------------------|----|
| 6:00am | Burn- 50/50 | SB |
| 9:30am | Burn-Bootcamp Burn | MA |
| 6:00pm | Burn-Core BURN | MA |
| 7:00pm | Gravity- Upper Limits | LJ |
| 7:30pm | Pilates- Essential | AA |

TUESDAY

| | | |
|--------|-----------------------|-----|
| 3:30pm | Pilates- Beginner | AA |
| 5:30pm | BURN- Core BURN | SIB |
| 5:30pm | Pilates- Essential | AS |
| 6:00pm | Gravity- Core Gravity | SB |

WEDNESDAY

| | | |
|--------|-----------------------|----|
| 7:00am | Gravity-Core Gravity | SB |
| 9:00am | Burn-Total Body Blast | IK |
| 3:30pm | Pilates-Essential | AA |
| 6:00pm | Burn-BURN, Baby, BURN | SB |
| 6:00pm | Gravity- Upper Limits | LJ |

THURSDAY

| | | |
|--------|----------------------|----|
| 9:30am | Gravity-Defy Gravity | VB |
| 6:00pm | Burn- 50/50 | SB |
| 7:30pm | Pilates- Beginner | AA |

FRIDAY

| | | |
|---------|------------------------|----|
| 7:00am | Pilates-Essential | AA |
| 7:00am | BURN-Build and Burn | LD |
| 10:00am | BURN- Total Body Blast | IK |

SATURDAY

| | | |
|---------|------------------------|----|
| 9:00am | BURN- Burn, Baby, BURN | SB |
| 10:00am | Gravity-Core Gravity | SB |

SUNDAY

| | | |
|---------|---------------------|----|
| 10:30am | BURN- Bootcamp BURN | MA |
|---------|---------------------|----|

Trainers

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| SB= Sarah B. |
| VB= Vicki |
| IK= Ilene |
| LD=Lisa |
| LJ= Lauren |
| MA=Megan |
| PL=Phyllis |
| AA=Amanda |
| SIB=Sirena |
| AS= Ann |

Please note there is a 24 hour cancellation policy on all training appointments.

Please arrive 5 minutes early to your first Gravity session for an Introduction

Pilates Private or **Beginner** Pilates Quad is required before entering all Pilates Group classes.

Please note that this schedule/trainers/session format may be subject to change.

Please contact Sarah Boller with questions at sboller@healthworksfitness.com

HEALTHWORKS

FITNESS CENTERS FOR WOMEN

www.healthworksfitness.com

Specialty Group Training

Brookline September 2010

Specialty Group Training provides you with an affordable and fun way to reach your goals. Training takes place in small, motivating groups with the instruction of a Personal Trainer. Trainings are progressive so you learn and build upon new skills or fitness level.

MONDAY

| | | |
|--------|------------------------|-----|
| 6:00am | Sunrise Bootcamp (M) | IK |
| | <i>Beginning: 9/27</i> | |
| | <i>Demo: Mon 9/20</i> | |
| 5:30pm | Urban Challenge (M) | SIB |
| | <i>Beginning: 9/27</i> | |
| | <i>Demo: Mon 9/20</i> | |

TUESDAY

| | | |
|--------|------------------------------|----|
| 7:00am | BC Challenge (T/TH/F) | IK |
| | <i>Beginning: Thurs 9/2</i> | |
| | <i>Demo: Tues 8/31</i> | |
| 8:00am | Hour of Power Yoga | IK |
| | <i>Beginning: Tues 9/14</i> | |
| | <i>Demo: Tues 9/7</i> | |
| 9:00am | Body Sculpt | SB |
| | <i>Beginning: Tues 9/28</i> | |
| | <i>Demo: Tues 9/21</i> | |
| 5:30pm | Beyond Belief | IK |
| | <i>Beginning: Thurs 9/16</i> | |
| | <i>Demo: Tues 9/14</i> | |
| 7:00pm | Bootcamp Battle (T/Th) | SB |
| | <i>Beginning: Tues 9/14</i> | |
| | <i>Demo: Tues 9/7</i> | |

WEDNESDAY

| | | |
|--------|----------------------------|----|
| 6:00am | Body Resistance BC (M) | SB |
| | <i>Beginning: Wed 9/15</i> | |
| | <i>Demo: Wed 9/8</i> | |

THURSDAY

| | | |
|--------|------------------------------|----|
| 7:00am | BC Challenge (T/TH/F) | IK |
| | <i>Beginning: Thurs 9/2</i> | |
| | <i>Demo: Tues 8/31</i> | |
| 9:00am | Body Sculpt | |
| | <i>Beginning: Tues 9/28</i> | |
| | <i>Demo: Tues 9/21</i> | |
| 5:30pm | Beyond Belief | IK |
| | <i>Beginning: Thurs 9/16</i> | |
| | <i>Demo: Tues 9/14</i> | |
| 7:00pm | Bootcamp Battle (T/Th) | SB |
| | <i>Beginning: Tues 9/14</i> | |
| | <i>Demo: Tues 9/7</i> | |

FRIDAY

| | | |
|--------|-----------------------------|----|
| 7:00am | BC Challenge (T/TH/F) | IK |
| | <i>Beginning: Thurs 9/2</i> | |
| | <i>Demo: Tues 8/31</i> | |

SATURDAY

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SUNDAY

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| IK= Ilene |
| SB= Sarah Boller |
| SIB= Sirena |
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You must register for the 4, 8 or 12 session program - no drop-ins.

Please note that this schedule/trainers may be subject to change.

Please contact Ilene Kenney with any questions. ikenney@healthworksfitness.com

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