



JANUARY

2010

January

Complimentary 50 Minute Demos

****Meet in Group Training Studio****

***Hour of Power Yoga* (Ilene) Tuesday 1/5 (6:00 am or 8:00 am)**

***“End Your Week With a Kick”* (Megan) Friday 1/8 (5:00 pm)**

***Beginner Bootcamp* (Ilene) Wednesday 1/27 (5:00 pm)**

***Body Sculpt Bootcamp* (Sara B) Tuesday 1/19 (9:00 am)**

***Beyond Belief* (Lynn) Tuesday 1/5 (6:00 pm)**

***Sunrise Bootcamp* (Ilene) Monday 2/1 (6:00 am)**

***Bootcamp Battle* (Sarah B) Tuesday 1/5 (7:00 pm)**

***Body Resistance Bootcamp* (Sarah B) Wednesday 1/6 (6:00 pm)**

***Circuit Strength Plus Bootcamp* (Matt) Monday 12/28**

(4:00 pm or 7:30 pm)

Sign-up at the front or fitness desk today!

For more information please contact Ilene at ikenney@healthworksfitness.com

HEALTHWORKS

FITNESS CENTERS FOR WOMEN