

BURN TRAINING

BURN is a time-saving workout designed by experienced, certified trainers to challenge all fitness levels. Enjoy upbeat music while you work between treadmill intervals and strength training circuits with BURN!

Cambridge - Healthworks

Oct 2010

MONDAY

8:00am	Total Body Blast BURN	CL
5:00pm	Build and BURN	RC

WEDNESDAY

8:00am	Total Body Blast BURN	SS
5:00pm	Kettlebell BURN	SS
6:30pm	Cycle BURN	CP

SATURDAY

10:00am	Bootcamp BURN	ML
11:00am	Core BURN	KH

TUESDAY

7:00pm	BURN, Baby, BURN	JL
8:00pm	Core BURN	SS

THURSDAY

7:00pm	Total Body Blast BURN	JS
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FRIDAY

8:00am	Core BURN	ND
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All 50-minute BURN classes are held in the Group Training Studio.

BURN 50-Minute Session Rates

\$39 per session (\$45 for non-members)
 \$168 for a package of 5 sessions (\$210 for non-members)
 \$278 for a package of 10 sessions (\$336 for non-members)

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

Schedule/Instructor are subject to change as needed.

Please contact Andrea Wilson, Assistant Fitness Director, with any questions at awilson@healthworksfitness.com

Trainers
CP= Carley Phipps
CL= Chelsea Linehan
JL= Jakki Leblanc
JS= Joanne Schumacher
KH= Kim Hunter
ML= Megan Lynch
RC= Regan Crane
SS= Sunny Schettler
ND = Natalie DeAngelo

All members receive one complimentary BURN session (value \$39) Sign up for yours today!!

HEALTHWORKS
FITNESS CENTERS FOR WOMEN

www.healthworksfitness.com

Our Specialty Group Training is progressive, personal and affordable. **Progressive workouts allow you to learn and build upon new skills and techniques each week.** These personal groups allow the trainer to focus on individuals strengths, weaknesses, and fitness level. Specialty Group training provides you with an affordable way to reach your

Group Training

Cambridge - Healthworks

Oct 2010

MONDAY

6:00am	Rise and Shine Bootcamp Challenge	MB
7:00am	High Intensity Interval Training/Tabata	MB
9:30am	Mid-Morning Madness	JL

THURSDAY

6:00am	Bootcamp Blast	JL
8:00am	Beginner/Intermediate Bootcamp	MB
9:00am	Fall into Shape Bootcamp	MB

TUESDAY

6:00am	Bootcamp Blast	JL
7:00am	Movement Bootcamp	KS
8:00am	Beginner/Intermediate Bootcamp	MB

FRIDAY

6:00am	Rise and Shine Bootcamp Challenge	MB
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WEDNESDAY

6:00am	Rise and Shine Bootcamp Challenge	MB
7:00am	High Intensity Interval Training/Tabata	MB
9:30am	Mid-Morning Madness	JL
7:00pm	Sports Conditioning	RC

SATURDAY

12:00pm	Weekend Warriors	ML
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Trainers
KS= Kimberly Sobieski
JL=Jakki Leblanc
MB=Marcy Berkowitz
ML= Megan Lynch
RC=Regan Crane

Complimentary Demos	Date
Movement Bootcamp	12-Oct
Sports Conditioning	13-Oct
Bootcamp Blast	14-Oct
Rise & Shine Bootcamp Challenge	20-Oct
Fall into Shape Bootcamp	21-Oct
Mid-Morning Madness	25-Oct
Beginner/Intermediate Bootcamp	28-Oct
HIIT/Tabata	1-Nov

Group Training: 3 days/ week \$220 members/\$264 non-members (6-12 participants)
 2 days/week \$155 members/\$186 non-members (6-12 participants)
 1day/week \$81 members/\$97 non-members (6-12 participants)

Small Group Training (3-5 participants): 1 day/week \$131(Level 1), \$164 (Level 2), \$188 (Level 3)

For more information, please contact Assistant Fitness Director, Andrea Wilson at awilson@healthworksfitness.com

All Groups are a 4-week commitment. **No drop ins.**

Groups are non-refundable and non-transferable and there **are no make up classes**

All classes are 50 minutes and are held in our private group training studio unless otherwise indicated.

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