

## July Group Training Schedule

Healthworks Group Training is personal and progressive to help all participants reach their individual goals.

### Build a Bigger Foundation Bootcamp

Sweat a lot and help a lot. This is a one-day fundraising bootcamp with all proceeds going to the Healthworks Foundation. Master Trainer V.J. Steele will combine elements from his two bootcamps to create a fun and challenging workout. All experience levels are welcome. The bootcamp will be held on July 19, 2008 at 8:00 am Studio 2. The minimum donation to participate is \$20.00. You'll get a great workout and help a great cause! Questions? Contact V.J. at [vsteele@healthworksfitness.com](mailto:vsteele@healthworksfitness.com). For more information about the Healthworks Foundation, visit [www.healthworksfoundation.org](http://www.healthworksfoundation.org).

### Lean and Strong! with VJ; [vsteele@healthworksfitness.com](mailto:vsteele@healthworksfitness.com)

Work hard and get lean and strong! Increase your strength, endurance and work capacity with kettlebells, free weights and your bodyweight. Kettlebells are new to Healthworks but across the world people have been working out with them for centuries. Here's what other Healthworks members are saying about these fun and fast-paced workouts: *"The workouts were fun, yet still challenging. It was great to get such personal attention while in a group session."* *"An excellent bootcamp. In just four short weeks every area of my body is more toned and defined and I really feel Lean and Strong!"* *"Exceeded expectations!"*

**Start Date:** July 15

**Days of week:** 2 days/week Tuesdays and Fridays

**Time:** 7:00 am

Complimentary Demonstration 7/22 5:30 pm
---

### Inner Strength with VJ; [vsteele@healthworksfitness.com](mailto:vsteele@healthworksfitness.com)

A new twist on an old bootcamp. Burn calories, build strength and develop coordination from the ground up! This is progressive core training for the modern fitness enthusiast. These workouts are full-body strength training sessions that will force you to engage your core and stabilize your body in all planes of motion. All of the exercises can be adapted to accommodate all levels of experience, making it fun and challenging for true beginners, seasoned exercisers and everyone in between. Everything starts with your center!

**Start Date:** July 14

**Day of Week:** 2 days/week Monday and Fridays

**Time:** 7am

Complimentary Demonstration 7/29 5:30 pm
---

### Bootcamp Challenge with Tina S; [tsouza@healthworksfitness.com](mailto:tsouza@healthworksfitness.com)

Want to be a healthier you? Join Tina Souza, Master Trainer for a fun, exciting, and unique Bootcamp designed to help you meet your goals and have fun while doing it. A health assessment will be taken at the beginning and the end of each bootcamp. The participant that shows the most improvement by comparison will receive next months bootcamp challenge free. So, what have you got to lose!

**Option 1 Dates:** July 14

**Days of Week:** 3days/week- Mondays, Wednesdays and Fridays

**Time:** 6:00 am

**Option 2 Dates:** July 14

**Days of Week:** 2days/week- Mondays and Wednesdays

**Time:** 8:00am

**Option 3 Dates:** July 15

**Days of Week:** 2 days/week Tuesdays and Thursdays

**Time:** 6:00 pm

Complimentary Demonstrations 7/8 and 7/15 7 pm
---

### Outdoor Bootcamp Body Blast with Tina S. [tsouza@healthworksfitness.com](mailto:tsouza@healthworksfitness.com)

Want to get leaner, and build your endurance? Join this outdoor bootcamp held at Tuft's Track in Somerville. You will do a variety of exercises designed to burn fat and gain strength. This is a high intensity workout combining conditioning drills as well as body weight exercises. Good for all levels, just go at your own pace. Start your summer off strong!

**Start Date:** July 15

**Days of week:** 2 days/week Tuesdays and Thursdays

**Start Time:** 7:00 am

**Yoga-Run Revelation** with Lauren T. Itymon@healthworksfitness.com

Run conditioning and a heat building Yoga Asana. This is a fun intensive training camp specific to runners and athletes. If you are a runner that suffers from tightness in your IT Bands, hamstrings, and calves, or want to improve your core strength and balance, this is the group for you. This is a progressive group with sprint and endurance drills as well as the increasing intensity of yoga postures.

**Start Date:** July 15

**Days of Week:** 2 days/week Tuesdays and Thursdays

**Start Time:** 8:00am

Complimentary Demonstrations 7/8 8:00 am and 7/10 8:00 am
--

**TeamRESULTStraining- Cambridge**

RESULTS is Healthworks revolutionary weight management program. Get the support and motivation you need by training with your peers and the personalized guidance of a certified RESULTS Coach and Level II Trainer. If you are interested in learning more, please contact Melissa Thornton at [mthornton@healthworksfitness.com](mailto:mthornton@healthworksfitness.com).

**All Groups are a 4-week commitment. Groups are non-refundable and non-transferable.**

**The sessions are 50 minutes in length and take place at our new private Group Training Studio.**

**Group Training Cost:** 3 days/week \$209 members/\$270 non-members (6-12 participants)

2 days/week \$147 members/\$190 non-members (6-12 participants)

1 day/week \$78 members/\$100 ( 6-12 participants)

**Small Group Training Cost:** \$125 Level1 \$156 Level 2 non-member \$167 & \$198 1 day/week. 3-5 participants

Space is limited. Sign-up at the front desk today!

For any questions please contact Fitness Director Melissa Thornton [mthornton@healthworksfitness.com](mailto:mthornton@healthworksfitness.com)