



HEALTHWORKS

SEPTEMBER PROGRAMMING

Back to School Body Basics 101 With Carley and Chelsea

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Chelsea L: clinehan@healthworksfitness.com

Do you need a little guidance and incentive to lose weight? How does winning a free express training session sound? Join us for a 5 week workshop focusing on nutritional discussions and strength training, with a goal to help you lose weight. The two members to lose the greatest body fat percentage will each win an express training session with Carley or Chelsea.

Initial Assessments and Workshop Introduction with Carley and Chelsea:

Tuesday, Aug. 31st from 6:30-7pm in the Nursery

Nutritional Discussions with Carley and Chelsea:

Tuesdays, Sept. 7th-Sept 28th from 6:30-7pm in the Nursery

EX: Discussion on Food/Exercise Journaling, Tips on eating out

Strength Training: Meet at fitness desk

Option 1: Carley, Thursdays 7-7:30pm, Sept. 2nd, Sept. 9th, Sept. 16th, Sept. 23rd

Option 2: Chelsea, Sunday 12:30-1pm, Sept. 5th, Sept. 12th, Sept. 19th, Sept. 26th

- Week 1: Cardio Training/ Heart Rate Zones
- Week 2: Arms
- Week 3: Legs and Glutes
- Week 4: Core

Final Assessments: Meet at fitness desk

Option 1: With Carley, Thursday Sept. 30th from 7-7:30pm

Option 2: With Chelsea, Sunday Oct. 3rd from 12:30-1pm

Workshops with Sunny S:

sschettler@healthworksfitness.com

Strong Women: Home edition.

Need a home workout *not* designed by or for a 20-something? Let Sunny's experience with older athletes help you find room for fitness when you can't make it to the Strong Women class at the gym. Prior experience in Strong Women classes helpful, but not needed; Maturity, honesty and humor are the only prerequisites!

Mon Sept 13, 4-4:30pm, Studio 2 (Before the Strong Women class)

Sun Sept 19, 12:30-1pm, Studio 2 (After the Strong Women class)

Rock your Body: Lunch time edition.

Learn Sunny's 15 minutes vs. Gravity workout -- Learn 3 body-weight moves you must do for strong results. Combining hops, pushes, and drills for a quick, 15-min Home workout to complement (or even beat!) your training at the gym. Come willing to work hard, sweat, and hit the deck in this high-intensity workshop for aspiring athletes.

Wed. Sept 8 12:30-1pm, Studio 2

Thurs. Sept 9 6-6:30pm, Fitness Floor

Title Nine Triathlon: Taper tips.

Check in with Sunny, personal trainer and 8-year triathlete for tips on beating the race-day jitters, surviving the swim, and deciding when to kick it on the run. There's a race day just around the corner...are you ready?

Thurs. Sept. 9th 6:30-7pm, Fitness Floor

Workshops with Kim H: khunter@healthworksfitness.com

Ask the Trainer Your Running Questions

Tuesday Sept 7th and Friday Sept 10th at 11am Meet at the Fitness Desk
Are you looking to get into running? Are you a current runner who is interested in changing your routine? Do you have a race in the near future and you need some training advice? Don't miss this chance to ask Kim your questions!

BOSU Total Body Workout

Wednesday Sept 15th and Friday Sept 17th at 11am in Studio 1
Have you ever used the BOSU before? Are you looking to mix up your exercise routine? Join Kim for a 30 minute workshop highlighting exercises you can perform using the BOSU.

What You Need to Know About Your Core

Tues Sept 21st at 9am in Studio 2 and Thurs Sept 23rd at 10am in Studio 2
What muscles are part of your core? Why is this area so important? Join Kim for a 30 minute workshop where you will learn the answers to these questions as well as some exercises to help strengthen your core.

The Do's and Don'ts of Stretching

Tues Sept 28th and Thurs Sept 30th from 8-8:30am in the Stretching Area
Why is stretching so important? What muscle groups should I be stretching and for how long? Come and ask Kim your stretching related questions and go over the proper way to perform stretches for the major muscle groups.

Workshops with Lauren T:

ltymon@healthworksfitness.com

Runners Stretch and Strength workshop

This workshop will go over preventative stretching and myofascial foam rolling as well as tips and tricks for strengthening your runs!

Tues Sept 21st at 5pm and Thurs Sept 23rd at 7am
Meet at the Fitness Desk

Group Training Complimentary Demos:

Sports Conditioning 9/8 at 7:00pm

TRACK Blast at Tufts Track 9/13 at 6:00pm

Bootcamp Blast 9/14 at 6:00am

Back to School/ Fall Bootcamp 9/16 at 9:00am

Weekend Warriors 9/18 at 1:00pm

Rise & Shine Bootcamp Challenge 9/20 at 6:00am

Mid-Morning Madness 9/20 at 9:30am

Beginner/Intermediate Bootcamp 9/28 at 8:00am

H.I.I.T/Tabata Madness 9/29 at 7:00am

Membership Appreciation Day is Tuesday, September 21st