



Complimentary Events

Workshops with Carley P:
cphipps@healthworksfitness.com

Cycle BURN Informational Table:
Monday October 4th from 4-4:30pm & 7:30-8pm
Tuesday October 5th from 5:45-6:45pm

Are you interested in BURN and love to cycle? If so, come speak with Carley Phipps, Personal Trainer, Spinning Instructor and former Mountain Bike racer, about the new BURN option! Cycle BURN will be located in the Ride Studio and will consist of cycling cardio intervals combined with total body strength training. This workout will take your training to the next level!

Recruit Your Glutes:
Tues October 12th & Fri October 15th from 5-5:30pm in Studio 2
Learn how a few exercises for these powerful muscles can help increase your speed as well as reduce back and knee pain.

HR Training Table:
Tues October 19th from 5-5:30pm & Thur October 21st from 7-7:30pm at the Fitness Desk
Are you getting the most out of your cardio workout? Do you know your target heart rate zones? Learn what your personal cardio training zones are and how you can burn more calories during your cardio workouts.

Amazing Arms:
Tues October 26th & Fri October 29nd from 5-5:30 in Studio 2
Do you want strong jiggle-free arms? Find out what exercises can help give you beautiful arms worthy of showing off.

Workshops with Master Trainer Christy D:
cdostal@healthworksfitness.com
Post Injury Fitness
A discussion of how to restart your workout routine post physical therapy or injury. We will also discuss how muscular imbalances lead to injury and how to spot them.
Workshop will include: Where to start, warning signs, and exercises that help prevent re-injury.
Wednesday Oct 20th 9:30-10am in Studio 2

Workshops with Master Trainer Jakki:
jleblanc@healthworksfitness.com

Diabetes Awareness
Wednesday October 27th at 12:15pm in the Stretching Area.
Come to this informative workshop to learn fact and pertinent information related to this country ongoing epidemic-diabetes. Learn about what sugar is and how it affects the body. Explore how diet, exercise and meditation can help add years to your life and reverse the affects of your diabetes.

Workshops with Chelsea L:
clinehan@healthworksfitness.com

Burn Calories with Interval Training
Take 30 minutes to learn about this great cardio training tool. Chelsea will take you through a series of intervals and explain the benefits!
Mon October 4th & Fri October 8th at 10:30am
Meet at the fitness desk

Ask the trainer
Have any questions about strength or cardio training? Come meet with Chelsea in this 30 minute workshop to get all your questions answered!
Mon October 11th & Fri October 15th at 10:30am
Meet at the fitness desk

Intro to Foam Rollers
Learn to use the foam roller for an effective stretch and self-massage.
Mon October 18th & Fri October 22nd at 10:30am
Meet at the fitness desk

Back Exercises
In this 30-minute workshop, Chelsea will show you simple back exercises to add to your routine that will counteract the effects of sitting at a desk all day.
Mon October 25th & Fri October 29th at 10:30am
Meet at the fitness desk

Group Training Complimentary Demos:
Movement Bootcamp- 10/12 at 7:00 am
Sports Conditioning- 10/13 at 7:00pm
Bootcamp Blast-10/14 6:00 am
Rise and Shine Bootcamp Challenge-10/20 at 6:00 am
"Fall" into Shape Bootcamp- 10/21 at 9:00 am
Mid-Morning Madness- 10/25 at 9:30 am
Beginner/Intermediate Bootcamp-10/28 at 8:00 am
H.I.I.T/Tabata Madness-11/1 at 7:00 am

Join us for Membership Appreciation
Day
Wednesday October 20th!