



Group Training Studio

July Complimentary Group Trainings

DATE	TIME	TRAINING	TRAINER
Tuesday 7/8	7:00 pm	Bootcamp Challenge	Tina
Tuesday 7/15	7:00 pm	Bootcamp Challenge	Tina
Tuesday 7/22	5:30 pm	Lean and Strong	VJ
Tuesday 7/29	5:30 pm	Core Training Camp	VJ
Thursday 7/8	8:00 am	Yoga-Run Revelation	Lauren.
Tuesday 7/10	8:00 am	Yoga-Run Revelation	Lauren

Sign-up at the front desk. Sessions are limited All sessions are 30-minutes

For more information please contact mthornton@healthworksfitness.com

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