

# FOCUS TRAINING

Back Bay - March 2010

Focus Training at Healthworks is a series of training programs that take place in small groups and have a specific format, schedule and focus. Included in Focus Training is BURN, Gravity and Pilates Reformer groups.

## MONDAY

|         |                             |    |
|---------|-----------------------------|----|
| 7:00am  | Pilates - Power Reformer    | EK |
| 9:00am  | Pilates - Beginner          | TF |
| 12:00pm | BURN - Total Body Blast     | LS |
| 1:00pm  | Pilates - Intermediate      | NR |
| 4:00pm  | Pilates - Beginner          | TF |
| 5:30pm  | Pilates - Intermediate      | NR |
| 6:00pm  | BURN - Total Body Blast     | LS |
| 6:30pm  | Pilates - Intermediate Plus | NR |

## TUESDAY

|         |                             |    |
|---------|-----------------------------|----|
| 12:00pm | BURN - Total Body Blast     | TM |
| 5:00pm  | Pilates - Intermediate      | KP |
| 6:00pm  | Pilates - Beginner          | KP |
| 6:00pm  | BURN - Bootcamp             | MI |
| 7:30pm  | Pilates - Intermediate Plus | KP |

## WEDNESDAY

|         |                         |    |
|---------|-------------------------|----|
| 12:00pm | Gravity - Fusion Fit    | TM |
| 12:00pm | BURN - Total Body Blast | SP |
| 5:30pm  | Pilates - Beginner      | KP |
| 6:00pm  | BURN - Total Body Blast | LS |
| 6:00pm  | Gravity - Defy Gravity  | SP |
| 6:30pm  | Pilates - Intermediate  | KP |
| 7:30pm  | Pilates - Beginner      | KP |

## THURSDAY

|         |                                  |    |
|---------|----------------------------------|----|
| 7:00am  | BURN - Core                      | LS |
| 9:00am  | BURN - Total Body Blast          | SG |
| 12:00pm | Gravity - Defy Gravity           | TM |
| 12:00pm | Pilates - Strong Women Essential | BJ |
| 4:00pm  | Pilates - Beginner               | TF |
| 5:30pm  | Pilates - Intermediate           | BJ |
| 7:30pm  | Pilates - Power                  | WP |
| 8:00pm  | Gravity - Express                | MI |

## FRIDAY

|         |                         |    |
|---------|-------------------------|----|
| 6:00am  | BURN - Total Body Blast | TS |
| 12:00pm | BURN - Beginner BURN    | TB |
| 1:00pm  | Pilates - Beginner      | TF |

## SATURDAY

|         |                             |    |
|---------|-----------------------------|----|
| 9:00am  | BURN - Total Body Blast     | TS |
| 9:00am  | Pilates - Intermediate Plus | WP |
| 10:00am | Gravity - Defy Gravity      | TS |
| 11:00am | Pilates - Power Jump        | WP |

## SUNDAY

|         |                        |    |
|---------|------------------------|----|
| 10:00am | Pilates - Beginner     | KP |
| 11:00am | Pilates - Intermediate | KP |

|               |
|---------------|
| SP = Sam P    |
| TS= Tara S    |
| LS = Lauren S |
| MI = Marc I   |
| SG = Shauna G |
| TM = Tara M   |
| TB=Tracy B    |
| TF = Tracie F |
| KP = Kaley P  |
| NR= Nadja R   |
| WP= Wendy P   |
| BJ = Beth J   |

**Please note:** Sign-up is required 30 minutes prior to all classes, this schedule and trainers may be subject to change and there is a 24 hour cancellation policy on all training appointments.

**Express** sessions are 30 minutes in length.

Please contact Holly Leonard, Fitness Director, with any questions. [hleonard@healthworksfitness.com](mailto:hleonard@healthworksfitness.com)

[www.healthworksfitness.com](http://www.healthworksfitness.com)

# Specialty Group Training

Back Bay - March 2010

Specialty Group Training provides you with an affordable and fun way to reach

## MONDAY

|        |                            |    |
|--------|----------------------------|----|
| 7:00am | GI Jano Bootcamp           | JT |
|        | <i>Beginning March 1st</i> |    |
| 7:00pm | Advanced Boxing            | KC |
|        | <i>Beginning March 1st</i> |    |
| 8:00pm | Advanced Boxing            | KC |
|        | <i>Beginning March 1st</i> |    |

## TUESDAY

|        |                |    |
|--------|----------------|----|
| 6:00pm | Making the Cut | LS |
|--------|----------------|----|

## WEDNESDAY

|         |                            |    |
|---------|----------------------------|----|
| 7:00am  | GI Jano Bootcamp           | JT |
|         | <i>Beginning March 1st</i> |    |
| 12:00pm | Kettlebells                | AT |
|         | <i>Beginning March 1st</i> |    |
| 7:00pm  | Smokin' Guns Plus          | IK |
|         | <i>Beginning March 3rd</i> |    |
| 7:00pm  | Advanced Boxing            | KC |
|         | <i>Beginning March 1st</i> |    |
| 8:00pm  | Advanced Boxing            | KC |
|         | <i>Beginning March 1st</i> |    |

## THURSDAY

|        |                |    |
|--------|----------------|----|
| 6:00pm | Making the Cut | LS |
|--------|----------------|----|

## FRIDAY

## SATURDAY

## SUNDAY

|             |
|-------------|
| JT=Jane T   |
| LS=Lauren S |
| TS=Tara S   |
| LY= Laura Y |
| SF= Sam F   |
| KC= Kate C  |
| IK = Ian K  |

You must register for the 4, 8 or 12 session program - no drop-ins.

Please note that this schedule/trainers may be subject to change.

Please contact Holly Leonard, Fitness Director, with any questions. [hleonard@healthworksfitness.com](mailto:hleonard@healthworksfitness.com).

**HEALTHWORKS**  
FITNESS CENTERS FOR WOMEN

[www.healthworksfitness.com](http://www.healthworksfitness.com)