

FOCUS TRAINING

Back Bay - April 2011

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			TUESDAY			WEDNESDAY			THURSDAY		
7:00am	Pilates - Beat	EK	7:00am	BURN - Total Body Blast	KC	6:00am	Pilates - Essential	EC	6:00am	Pilates - Power Reformer	EK
9:15am	BURN - Bootcamp	KC	12:00pm	Pilates - Intro	JC	7:00am	Pilates - Intro	EC	7:00am	BURN - Core	LS
12:00pm	BURN - Total Body Blast	LS	12:00pm	Gravity - Defy Gravity	SG	9:00am	BURN - Total Body Blast	KC	12:00pm	Gravity - Fusion Fit	TM
1:00pm	Pilates - Intermediate	NR	5:30pm	Pilates - Intro	EC	12:00pm	Pilates - Calorie Blast	JC			
5:30pm	Pilates - Intermediate	NR	6:00pm	BURN - Bootcamp	MI	12:00pm	BURN - Total Body Blast	TM			
6:00pm	BURN - Total Body Blast	LS	6:30pm	Pilates - Essential	EC	5:30pm	Team Result- Total Wellness	SF			
6:30pm	Pilates - Intermediate Plus	NR	7:00pm	Burn - Core	CD	6:00pm	BURN - Total Body Blast	LS			
						7:00pm	Gravity - Fusion Fit	SF			

FRIDAY			SATURDAY			SUNDAY		
12:00pm	BURN - Total Body Blast	TB	9:00am	BURN - Total Body Blast	TS	9:00am	Pilates - Intermediate*	WP
			10:00am	Gravity - Defy Gravity	TS	10:30am	Pilates - Sunday Brunch*	WP
						11:00am	50/50 Focus	SF
						6:00pm	BURN - The Balance	CD

*Pilates classes are 90 minutes
Express Sessions are 30 minutes

KC = Kate C
SF = Samantha F
TS= Tara S
LS = Lauren S
MI = Marc I
SG = Shauna G
TM = Tara M
TB = Tracy B
EK = Eden K
WP = Wendy P
JC = Jen C
TF = Tracie F
NR = Nadja R
BJ = Beth J
EC = Elle C
HL = Holly L

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.

Please contact Fitness Director Holly Leonard at hleonard@healthworksfitness.com with any questions.

www.healthworksfitness.com

Specialty Group Training

Back Bay - April 2011

Specialty Group Training provides you with an affordable and fun way to reach your goals. Training takes place in small, motivating groups with the instruction of a Personal Trainer. Trainings are progressive so you learn and build upon new skills or fitness level.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
7:00am	Drop 10	CD	6:00am	Rise & Shine INDOOR Bootcamp	CD	7:00am	Kettlebell / Boxing Challenge	KC/HL	6:00am	Rise & Shine INDOOR Bootcamp	CD
7:00am	All Level Boxing	KC	6:00am	Drop 10	KC	7:00am	Drop 10	CD	6:00am	Drop 10	KC
9:30am	Drop 10	TM	7:00am	Drop 10	HL	7:00am	New Day, New You Bootcamp	TS	7:00am	Drop 10	HL
12:00pm	Advanced Kettlebell Bootcamp	HL		<i>Beginning April 12th</i>		12:00pm	Advanced Kettlebell Bootcamp	HL		<i>Beginning April 12th</i>	
6:00pm	Drop 10	SF	12:00pm	Drop 10	HL	6:00pm	All Level Boxing	KC	7:00am	ROAR Bootcamp	TW
	<i>Beginning April 20th</i>			<i>Beginning April 26th</i>		6:00pm	Drop 10	SF	12:00pm	Drop 10	HL
6:00pm	TRX TEAM™ Season	TB	7:00pm	Drop 10	LS		<i>Beginning April 20th</i>			<i>Beginning April 26th</i>	
7:00pm	Weight Loss Bootcamp	CD		<i>Beginning April 12th</i>		6:00pm	TRX TEAM™ Season	TB	7:00pm	Drop 10	LS
			6:00pm	TRX TEAM™ Season	MD	7:00pm	Weight Loss Bootcamp	CD		<i>Beginning April 12th</i>	
			7:00pm	Kate C's Spring Group Training	KC	7:00pm	Kettlebell / Boxing Challenge	KC/HL	7:00pm	Weight Loss Bootcamp	CD

FRIDAY			SATURDAY		
7:00am	New Day, New You Bootcamp	TS	8:00am	Run Strong, Run Long	RR
9:30am	Dancing Divas	BH	10:00am	All Level Boxing	KC
9:30am	Drop 10	TM			
6:00pm	TRX TEAM™ Season	MD			

BH = Brook H
RR = Rebecca (Becky) Reily
TW = Tammy W
TM = Tara M
LS = Lauren S
TS = Tara S
SF = Sam F
KC = Kate C
CD = Correen D
MD = Marc D
HL = Holly Leonard
TB = Tracy Bradley

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 Fitness Director Holly Leonard at hleonard@healthworksfitness.com with any questions.

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