

April 2011 - Coolidge Corner

BURN Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN	BURN Schedule & Descriptions
6:00-6:30 AM	50/50							Core BURN: Improve posture and balance by strengthening and toning your abs, back and glute muscles. Together with the treadmill, it is designed to help trim your waistline! Class structured to meet all fitness levels.
6:30-7:00 AM	Circuit							
7:00-7:30 AM					Core			BURN 50/50 Circuit: A new spin on an old favorite! This session mixes cardio intervals on the treadmill with strength training exercises-on and off the Gravity machine-in a rotating circuit! Get all you need in one, 50 minute workout!
7:30-8:00 AM					BURN			
9:30-10:00 AM		Total		Core				Total Body BURN: This workout consists of cardio intervals and total body strength training. Cardio sets are performed on the treadmill and involve sprints, steep inclines, and endurance intervals. Intense strength circuits focus on exercises that target multiple muscle groups at once, for an intense, time-efficient workout! Class structure meet all fitness levels.
10:00-10:30 AM		Body		BURN		50/50		
10:30-11:00 AM						Circuit		Burn Package Options:
2:00-2:30 PM							Total	
2:30-3:00 PM							Body	Package Members
3:00-3:30 PM						Total		
3:30-4:00 PM						Body		Guests
5:30-6:00 PM					Total			
6:00-6:30 PM	Total	Core	Total	50/50	Body			Single
6:30-7:00 PM	Body	BURN	Body	Circuit				
7:00-7:30 PM	50/50		Core					\$45
7:30-8:00 PM	Circuit		BURN	Total				
8:00-8:30 PM				Body				\$210
								\$336

Want to learn more? Contact Lesley Willis at lwillis@healthworksfitness.com or 617.731.3030

HEALTHWORKS

FITNESS CENTERS FOR WOMEN