

Healthworks FOCUS TRAINING - February 2010

MONDAY

6:00am	BURN- Build and BURN	MA
9:00am	Gravity- Defy Gravity	VB
9:30am	BURN- Bootcamp BURN	LW
5:00pm	BURN - 50/50	SA
6:00pm	BURN- Core BURN	MA
7:00pm	Gravity - Upper Limits	LJ
7:30pm	Pilates - Essential	AA

TUESDAY

6:00pm	Gravity - Core Gravity	SB
7:00pm	BURN - BURN, Baby, BURN	LD
8:00pm	Gravity- Defy Gravity	LJ

WEDNESDAY

7:00am	Gravity- Core Gravity	SB
9:00am	BURN - Total Body Blast	IK
12:00pm	Gravity- Defy Gravity	VB
6:00pm	Gravity - Upper Limits	LJ
7:30pm	Pilates - Intermediate	AA

THURSDAY

9:00am	Pilates - Beginner	AA
9:30am	Gravity- Defy Gravity	VB
6:00pm	BURN- 50/50	SB
7:30pm	BURN- Core BURN	SV
7:30pm	Pilates - Beginner	AA

FRIDAY

7:00am	Pilates - Essential	AA
7:00am	BURN- 50/50	SA
12:00pm	BURN- Bootcamp BURN	MA
5:30pm	BURN- BURN, Baby, BURN	SB

SATURDAY

9:00am	BURN- Total Body Blast	SV
10:00am	Gravity- Core Gravity	SB

SUNDAY

10:30am	BURN- BURN, Baby BURN	MA
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TRAINERS

SB = Sarah B.
LJ= Lauren
AA= Amanda
SA = Sarah A.
LD=Lisa
IK= Ilene
VB = Vicki
LW= Lesley
MA= Megan
SV= Sofie

Please note there is a 24 hour cancellation policy on all training appointments.

Please arrive 5 minutes early to your first Gravity session for an Introduction

Pilates Private or **Beginner** Pilates Quad is required before entering all Pilates Group classes.

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

Please contact Sarah Boller with questions at sboller@healthworksfitness.com

HEALTHWORKS
FITNESS CENTERS FOR WOMEN