



BURN TRAINING

Cambridge - Healthworks July Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 PM Below the Belt BURN- Lauren		7:00 AM Build and BURN-Tom	7:00 PM Build and BURN-Tom	8:00 AM CORE BURN-Sunny	9:00 AM Build and BURN-Tom
7:00 PM Build and BURN-Tom		6:00 PM Below the Belt BURN-Lauren			1:00 PM Build and BURN-Tom

Below the Belt BURN *new*

An intense cardiovascular sessions combined with lower body strength training. Designed to **train, tone, and sculpt your lower body** to enhance your best assets.

BURN and Build

Build and Burn will have an emphasis on **muscular strength combined with the higher intensity run/walk intervals** on the treadmill. All levels welcome.

CORE BURN

Improve posture and balance by **strengthening your abs, back and glute muscles**. Together with the intervals on the treadmill, it is designed to help trim your waistline!

All levels welcome to all BURN classes. Try BURN for free if you haven't already, and feel what BURN is all about...

Rates

\$39 for each individual session

\$168 for a package of 5 sessions

\$278 for a package of 10 sessions

HEALTHWORKS
FITNESS CENTERS FOR WOMEN

All packages are non-refundable non-transferable with a 75 day expiration.

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

Please contact Melissa Thornton, Fitness Director with any questions. mthornton@healthworksfitness.com