

BURN TRAINING

Cambridge - Healthworks

March 2010

BURN is a time-saving workout designed by experienced, certified trainers to challenge all fitness levels. Enjoy upbeat music while you work between treadmill intervals and strength training circuits with BURN!

MONDAY

4:00pm	Kettlebell BURN	SS
7:00pm	Build and BURN	FO

TUESDAY

7:00pm	BURN, Baby, BURN	JL
8:00pm	Core BURN	SS

WEDNESDAY

8:00am	Total Body Blast BURN	SS
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THURSDAY

7:00pm	BURN, Baby, BURN	JS
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FRIDAY

8:00am	Core BURN	SS
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SATURDAY

10:00am	Build and BURN	RC
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SUNDAY

9:00am	Bootcamp BURN	AW
10:00am	Build and BURN	FO

All 50-minute BURN classes are held in the Group Training Studio above Pier 1/Uno's.

BURN 50-Minute Session Rates

\$39 per session (\$45 for non-members)
 \$168 for a package of 5 sessions (\$210 for non-members)
 \$278 for a package of 10 sessions (\$336 for non-members)

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

Schedule/Instructor are subject to change as needed.

Please contact Meg Russell, Fitness Director, with any questions.

mrussell@healthworksfitness.com

Trainers
AW=Andrea Wilson
FO= Francis Otting
JL= Jakki Leblanc
JS= Joanne Schumacher
RC= Regan Crane
SS= Sunny Schettler

All members receive one complimentary BURN session (value \$39).

Sign-up for yours today!

HEALTHWORKS

FITNESS CENTERS FOR WOMEN

www.healthworksfitness.com

GROUP TRAINING

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Our Specialty Group Training is progressive, personal and affordable. Progressive workouts allow you to learn and build upon new skills and techniques each week. These personal groups allow the trainer to focus on individuals strengths, weaknesses, and fitness level. Specialty Group training provides you with an affordable way to reach your goals.

MONDAY

6:00am	Bootcamp Challenge	TS
	Start Date: 3/10	
7:00am	High Intensity Interval Training	TS
	Start date: 3/17	
8:00am	Cycle Strength Bootcamp	BT
	Start Date: 3/22	
9:15am	Mid Morning Madness	TS
	Start date: 3/17	

TUESDAY

6:00am	Cycle Strength Bootcamp	BT
	Start date: 3/16	
6:00am	Bootcamp Blast	JL
	Start Date: 3/2	
8:00am	Beginner Bootcamp	MB
	Start Date: 3/25	
11:00am	Cycle strength Bootcamp	BT
	Start Date: 3/16	
6:00pm	H.I.I.T. Evening Group	TS
	Start Date: 3/11	

WEDNESDAY

6:00am	Bootcamp Challenge	TS
7:00am	High Intensity Interval Training	TS
9:15am	Mid Morning Madness	TS
5:00pm	Sports Conditioning (new time)	RC
	Start Date: 3/17	
6:00pm	Pilates to the Core	MT

THURSDAY

6:00am	Bootcamp Blast	JL
8:00am	Beginner Bootcamp	MB
6:00pm	H.I.I.T. Evening Group	TS

FRIDAY

6:00am	Bootcamp Challenge	TS
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SATURDAY

11:00am	Sports Conditioning Weekend Ed.	RC
	Start Date: 3/13	
12:00pm	Weekend Warriors	ML
	Start date: 4/3	

Trainers
TS=Tina Souza
RC=Regan Crane
JL=Jakki Leblanc
MB=Marcy Berkowitz
MT=Martha Thayer
ML= Megan Lynch
BT= Bodil Thomas

Complimentary Demos	
Bootcamp Challenge 3/8	6am
H.I.I.T.(am)3/15	7am
Beginner Bootcamp 3/23	8am
Weekend Warriors 3/27	12pm
H.I.I.T.(pm) 3/9	6pm
Bootcamp Blast 2/25	6am
Cycle Strength Camp 3/9	6am
Cycle Strength Camp 3/9	11am
Cycle Strength Camp 3/15	8am
Mid Morning Madness 3/15	9:15am

Group Training: 3 days/ week \$209 members/\$270 non-members (6-12 participants)
 2 days/week \$147 members/\$190 non-members (6-12 participants)
 1day/week \$78 members/\$100 non-members (6-12 participants)

Small Group Training: 1 day/week \$167/\$198 Level 1 trainer/ Level 2 trainer (3-5 participants)

For more information, please contact Fitness Director, Meg Russell mrussell@healthworksfitness.com

All Groups are a 4-week commitment. No drop ins.

Groups are non-refundable and non-transferable and there are no make up classes.

All classes are 50 minutes and are held in our private group training studio above Pier 1/Uno's.

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BURN Descriptions

Build and BURN

Get fast and strong! Speed intervals and strength training with personalized attention make this BURN session perfect for you!

BURN, Baby, BURN

Discover this playful mix of cardio intervals and strength training for all of the upper and lower body muscles. Abs included for the ultimate mix!

Box and BURN

Basic boxing sequences make the strength circuits of this BURN session challenging and fun. Shadow boxing compliments jab/punch sequences for strength and speed.

Bootcamp BURN

This high energy class is designed to push the body with the fundamentals of body weight training. Strengthen and tone your body with a mix of high intensity exercises.

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.

Kettlebell BURN

Take your BURN workout up a notch with Kettlebell circuits to build strength in the hip/back and abdominal areas to balance and power the whole body.

Total Body Blast BURN

Get strong to run long! Endurance and speed intervals with total body strength make this BURN perfect for aspiring distance runners!

Group Training Descriptions

Bootcamp Challenge with Tina tsoza@healthworksfitness.com

You will work your way to becoming leaner, stronger and more fit through a series of strength and cardio intervals. This is an intense, yet fun work out that can be tailored to all levels. A small health assessment will be taken the first and last day of class and the person showing the most improvement will receive the next month's camp free!!!

Start Date: 3/10

Days of Week: 3 days/week Mondays, Wednesdays and Fridays

Time: 6:00am

Mid-Morning Madness with Tina

For all you ladies out there that don't have a lot of time or have to drop the kids off at school, this is for you. This is a fun bootcamp combining lots of cardio and strength moves to get your week started right. The class format changes each day to kick your muscles into high gear so you never get bored.

Start Date: 3/17

Days of Week: 2 days/week Mondays and Wednesdays

Time: 9:15am

High Intensity Interval Training (HIIT) with Tina

Want to burn the maximum amount of fat in minimum time? This is a high intensity workout that consists of short bursts of work followed by a rest period. You will burn fat without losing muscle. You will be doing many exercises and moving at a fast pace, increasing interval time as the weeks pass. Using body weight, plyometric drills, and free weights, you are sure to get a great workout.

Start Date: 3/17

Days of Week: 2 days/week Mondays and Wednesdays

Time: 7:00am in Studio 2(Mon) and Studio 1(Wed)

High Intensity Interval Training (HIIT) Evening Edition with Tina **NEW!**

Want to burn the maximum amount of fat in minimum time? This is a high intensity workout that consists of short bursts of work followed by a rest period. You will burn fat without losing muscle. You will be doing many exercises and moving at a fast pace, increasing interval time as the weeks pass. Using body weight, plyometric drills, and free weights, you are sure to get a great workout.

Start Date: 3/11

Days of Week: 2 days/week Tuesdays and Thursdays

Time: 6:00pm

Sports Conditioning with Regan rcrane@healthworksfitness.com

This interval style workout will have you sweating, jumping, lifting and burning calories. By the end of the 4 weeks, you will be proud of your jump rope skills and your push up ability. You will see an improvement in your strength, power, and endurance. So, let's get started!

Start Date: 3/17

Days of Week: 1 day/week Wednesdays

Time: 5:00pm

Weekend Edition:

Start Date: 3/13

Days of Week: 1 day/week Saturdays

Time: 11:00am

Beginner Bootcamp with Marcy mberkowitz@healthworksfitness.com

Join Master Trainer Marcy Berkowitz (with over 23 years of strength/weight training experience) for Beginner Bootcamp. You will be taken through a series of strength training exercises utilizing dumbbells, resistance bands, one's own body weight, etc. while incorporating basic cardio drills. Be prepared to sweat and burn calories as well as tone and strengthen your muscles. (Designed for novices and intermediate levels).

Start Date: 3/25

Days of Week: 2 days/week Tuesdays and Thursdays

Time: 8:00am

Cycle Strength Bootcamp with Bodil bthomas@healthworksfitness.com **NEW!**

Tired of the cold already? Wish you were cycling outside? Join Bodil in the ONLY bootcamp featuring a variety of cardio-building cycling intervals, and defining cycle strength exercises. Improve your general fitness and get into fantastic shape, burn calories and have fun. Note: All classes held in Studio 3.

Option 1

Start Date: 3/16

Days of Week: 1 day/week Tuesdays

Time: 6:00am

Option 2

Start Date: 3/22

Days of Week: 1 day/week Mondays

Time: 8:00am

Option 3

Start Date: 3/16

Days of Week: 1 day/week Tuesdays

Time: 11:00am

Pilates to the Core Small Group Training w/Martha mthayer@healthworksfitness.com

Pilates to the core, for all levels. Deepen your core connection as you build familiarity with the Pilates repertoire. The group will progress towards advanced work.

Days of Week: 1 day/ Wednesdays

Time: 6:00pm

Weekend Warriors with Megan mlynch@healthworksfitness.com **NEW!**

Do you have the legendary new years resolution to get fit? Make it a reality by joining Megan for a total body strength workout using free weights and bodyweight exercises in a circuit training style. We will have a push up contest at the beginning and the end of the strength camp, and whoever can do the most push ups at the end will win a 5 pack of express sessions with me!

Start Date: 4/3

Days of Week: 1 day/week Saturdays

Time: 12:00pm

Bootcamp Blast with Jakki jleblanc@healthworksfitness.com

Do you have good intentions of getting to the gym after work but never seem to make it happen? Bootcamp Blast at 6am will start your day off right with cardio and strength intervals for every level participant!! Burn calories, get strong and have fun!!

Start Date: 3/2

Days of Week: 2 days/week Tuesdays and Thursdays

Time: 6:00am