



# FOCUS TRAINING SCHEDULE

**Chestnut Hill - Healthworks**

**Jun-08**

## MONDAY

8:30a	PILATES - Intermediate Ref	NB
6:00p	PILATES- Sports Cond.	JCr
7:00p	PILATES - Intermediate Ref	JCr

## TUESDAY

9:30a	PILATES-Beginner Ref	BV
10:00a	BURN- Total Body	JO
4:30p	BURN- Teen Burn	AC
6:00p	BURN- Total Body	KL

## WEDNESDAY

6:15a	PILATES-Interval Training	NB
8:30a	PILATES- Sports Cond.	RA
9:30a	BURN- Total Body	YL
6:00p	PILATES-Intermediate Ref	BV

## THURSDAY

6:00a	BURN- Total Body	RS
9:30a	BURN- Total Body	JO
10:30a	BURN- Total Body	NN
11:00a	PILATES-Beginner Ref	TF
4:30p	BURN- Teen Burn	JO
6:00p	BURN- Total Body	KL

## FRIDAY

6:00a	PILATES-Intermediate	NB
9:30a	PILATES-Beginner Ref	RJ

## SATURDAY

8:30a	BURN-Total Body	JB
10:30a	PILATES-Intermediate Ref	TF

**HEALTHWORKS**  
FITNESS CENTERS FOR WOMEN

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

Schedule/trainers may be subject to change.

Please contact Kristyn Luksha, Fitness Director with any questions. [kluksha@healthworksfitness.com](mailto:kluksha@healthworksfitness.com).

Ref = Reformer

### Trainer Names

JCr= Jacqui	KL= Kristyn
JB=Jen	RS= Ruth
NB= Nicole	TF= Tracie
JO= Jill	SV= Susan
NN=Noelle	RJ= Becky
RA= Risa	YL= Yvonne

[www.healthworksfitness.com](http://www.healthworksfitness.com)