

# FOCUS TRAINING

FOCUS Training pac  
Pilates reforme

## Chestnut Hill - April 2011

### MONDAY

8:30a	PILATES-Intermediate	JS
9:30a	PILATES-Intermediate	JS
9:30a	BURN - Total Body	JD
7:00p	BURN - Total Body	ME

### TUESDAY

8:30a	BURN - Total Body	SV
9:30a	PILATES- Essential	KM
6:30p	BURN - Total Body	LK

### WEDNESDAY

8:30a	PILATES-Intermediate/Advanced
9:00am	BURN - Total Body
10:00a	BURN - Total Body
10:30a	PILATES-Intro (beginner)

### FRIDAY

8:30a	PILATES- Essential	AD
9:30a	PILATES-Intermediate	NB
9:30a	BURN- Total Body	NN

### SATURDAY

8:30a	BURN-Total Body	ME
9:30a	BURN-Total Body	DM
10:30a	PILATES-Essential PLUS	TF
11:30a	PILATES- Essential	TF
12:30p	PILATES-Intro (beginner)	TF

### SUNDAY

9:30a	BURN-Total Body
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 New class!!

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

**Intro Pilates Reformer Classes are required before entering any Essential Pilates Group class.**

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

**Please note that sessions are shortened to 30 minutes if there are less than 2 participants.**

Please contact Assistant Fitness Director, Jill Braverman with any questions at [jbraverman@healthworksfitness.com](mailto:jbraverman@healthworksfitness.com).

HE/



ackages can be used toward BURN,  
 or groups or a mix of the two.

## THURSDAY

KM	9:30a	PILATES-Intermediate	JS
DM			
LK			
TF			

Trainer Names	
AS= Sid	JS- Julie
NG=Nini	KM- Karen
DM= Dawn	LK- Liz
JD = Jane	NB- Nicole
ME- Mark	TF= Tracie
NN= Noelle	SV= Sofie
LT= Lisa	AD= Amy

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