

# FOCUS TRAINING

Chestnut Hill - March 2010

**\*\*New Classes**

FOCUS Training packages can be used toward BURN, Pilates reformer groups or a mix of the two.

## MONDAY

6:00a	BURN - Total Body	SV
9:30a	PILATES-Intermediate	JS
9:30a	BURN - Total Body	JD
6:00p	PILATES- Beginner	KM
7:00p	BURN - Total Body	ME

## TUESDAY

9:30am	PILATES- Beginner	KM
10:30a	BURN- Total Body	JK
6:30p	Elliptical BURN	EC
7:00p	PILATES-Intermediate	TF

## WEDNESDAY

8:30a	PILATES-Intermediate	KM
10:00a	BURN - Total Body	LK
6:00p	PILATES- Beginner	KM

## THURSDAY

7:00a	BURN- Total Body	ME
9:30a	PILATES-Beginner	AD
10:30a	Xtreme BURN	RJ
7:00pm	PILATES-Bootcamp	JC

## FRIDAY

6:00a	BURN - Total Body	EC
8:30am	Pilates- Intermediate	AD
9:30a	BURN - Total Body	ME
10:30a	BURN - Total Body	AS

## SATURDAY

8:30a	BURN-Total Body	ME
9:30a	BURN- Total Body	LK
10:30a	PILATES-Intermediate	TF
12:00p	PILATES-Beginner	JC

## SUNDAY

9:00a	Elliptical BURN	EC
12:00p	PILATES - Intermediate	RJ

Trainer Names	
JS=Julie	EC= Erin
NB= Nicole	TF= Tracie
AS= Sid	CS = Corey
JK= Jill	ME= Mark
KM=Karen	RJ= Becky
JD = Jane	LK = Liz
AD= Amy	JC- Jacqui
SV=Sofie	

Please note there is a 24 hour cancellation policy on all training appointments.  
Pilates Private or **Beginner** Pilates Reformer Classes are required before entering any Intermediate 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 Fitness Director, Kristyn Fales with any questions at [kfales@healthworksfitness.com](mailto:kfales@healthworksfitness.com).

## HEALTHWORKS

FITNESS CENTERS FOR WOMEN

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

# Specialty Group Training

Chestnut Hill - March 2010

Specialty Group Training provides you with an affordable and fun way to reach your goals. Training takes place in small, motivating groups with the instruction of a Personal Trainer. Trainings are progressive so you learn and build upon new skills.

## MONDAY

8:30-9:20a	Kickboxing Bootcamp- BRACE	JK
9:30-10:20a	Spring Into Action - BRACE	ME

## TUESDAY

7:00-7:50a	LOSE It to WIN It- BRACE	CH
7:00-7:50a	Extreme Endurance - MOVE	CS
9:30-10:20a	Hour of Power Yoga- BREATHE	EM
5:30-6:20p	Dream Jeans Challenge - BRACE	JK

## WEDNESDAY

5:45-6:35a	The Heat - BRACE	AS
5:45- 6:35a	Spring Into Action - MOVE	ME
8:15-9:05a	SpinCore - DRIVE	DP
5:00-5:50pm	Running Specialty Series - BRACE	Kmal

## THURSDAY

7:00-7:50a	LOSE It to WIN It- BRACE	CH
5:30-6:20p	Dream Jeans Challenge - BRACE	JK

## FRIDAY

8:15-9:05a	SpinCore - DRIVE	DP
9:00-9:50a	HardCore - BRACE	DP
10:00-10:50a	Fat Loss Bootcamp - BRACE	SV

## SATURDAY

8:00-8:50a	CHEK Group Training - BRACE	NB
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Trainer Names	
CH = Cody	Kmal= Karl
DP = David	EM = Emily
CS = Corey	JK = Jill
ME = Mark	AS = Annie (Sid)
SV = Sofie	NB = Nicole

Must register for the 4, 8 or 12 session program.  
Please note that this schedule/trainers may be subject to change.  
Please contact Assistant Fitness Director, Mackenzie Fazekas with any questions at [mfazekas@healthworksfitness.com](mailto:mfazekas@healthworksfitness.com).

Members can try a group training on the demo day for a taste of what that group training is like. Each member receives one complimentary pass to a "demo day." \$10 per demo if you have already used your complimentary pass.

## HEALTHWORKS

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