



FOCUS TRAINING

Salem - Healthworks July

MONDAY

11:00am	Pilates Reformer	YP
5:10p	BURN - Beginner BURN	KR
7:00p	BURN - Bikes	DC

TUESDAY

9:15a	BURN - Bikes	DC
9:30	Pilates Reformer	YP

WEDNESDAY

5:40a	BURN - Total Body	JD
10:00a	Pilates Reformer	YP
6:00p	BURN - Total Body	KR
7:00p	BURN - Bikes	DC

THURSDAY

9:15a	BURN - Bikes	DC
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FRIDAY

9:00a	Pilates Reformer	YP
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SATURDAY

7:30a	BURN - Total Body	KR
9:00a	BURN - Total Body	KR
10:00a	BURN - Bikes	DC

SUNDAY

HEALTHWORKS
FITNESS CENTERS FOR WOMEN

Please note there is a 24 hour cancellation policy on all training appointments
 Please note that this schedule/trainers may be subject to change.
 Please contact Deb Arthur, Fitness Director with any questions. darthur@healthworksfitness.com

www.healthworksfitness.com