



**HEALTHWORKS
COMMUNITY FITNESS**

450 Washington Street, Dorchester MA. 02124
617.825.2800

Hours Of Operation

Monday – Thursday 6am-9pm
Friday 6am-6pm
Saturday 8am-Noon

Nursery Hours

Monday- Thursday 5pm – 8pm (6mos – 12yrs)

February 2012 Group Exercise Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
Time:	Class:	Inst.	Time:	Class:	Inst.	Time:	Class:	Inst.	Time:	Class:	Inst.	Time:	Class:	Inst.
6:30am	Butts & Gutts	Kim				6:30am	Butts & Gutts	Kim						
8:30am	Yoga	Lizzie				8:30am	Nia®	Karen	8:30am	Vinyasa Yoga	Katrina /Kathleen			
			9:30am	Cardio Kickboxing	Joyce							9:30am	Yoga	Kayleigh (Begins February 10th)
10:30am	Hatha Yoga	Shelley	10:30am	Body Attack	Leila				10:30am	ZumbaTONE	Leila			
1:00pm	Zumba Express (30) (no class on 2/20)	Andrea George- Marie	12:30pm	*Valentine's Yoga Wyoma (February 14th only)										
6:00pm	Intermediate-Step		6:15pm	Zumba (45)	Leila	6:00pm	*Butts& Gutts Plus!	Leila	6:00pm	Zumba	Vanessa	Saturday		
7:00pm	Body Attack®	Leila				7:00pm	Hip Hop Hustle	Allison				Time:	Class:	Inst.
						7:00pm	Elemental Yoga (Begins February 8th)	Group				10:00am	Boot Camp	Kim

Special Announcements:

- ~ **Member Appreciation Day:** Tuesday , 2/14, **SPECIAL Valentine's Yoga** with **Wyoma** at 12:30pm. Friends welcome for free all day!
- ~ ***Butts Gutts Plus!** is proudly sponsored by the **Boston Medical Center HealthNet Plan**, learn more about the Plan this month.
- ~ Check out **NIA ® @ 8:00am on Wednesdays** -- a sensory-based movement practice that leads to health, wellness and fitness
- ~ We are **OPEN on President's Day**, Monday, February 20th, 2012.

WINTER REMINDER: Please call 617.825.2800 in the event of severe weather to ensure we're open to serve you.

