

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)

November 2011 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	Vinyasa Yoga	Katrina/Kathleen			
			9:30am	Cardio Kickboxing	Joyce									
10:30am	Hatha Yoga	Shelley				10:30am	Body Attack®	Joyce	10:30am	ZumbaTONE	Leila	10:00am	Yoga	Lizzie
10:30am	Body Attack	Leila				11:30am	Refresh Yoga	Kitty/Andrea						
6:00pm	Intermediate-Step	George-Marie	6:15pm	Zumba (45)	Leila	6:15pm	Hip Hop Hustle (45 minutes)	Allison	6:00pm	Zumba	Vanessa	Saturday		
7:00pm	Body Attack®	Leila	7:00pm	Yoga	Sarah	7:00pm	TurboKick®	Allison				Time:	Class:	Inst.
7:15pm	Elemental Yoga	Group										9:00am	Yoga Flow	Lizzie
												10:00am	Boot Camp	Kim

Special Notes:

~ **Member Appreciation Day:** Thursday, November 17th -- bring a friend for freeeee!

***Workshop: Supporting a Positive Body Image for your Kids and Teens from 9am – 10:30am (free).**

***Enter the raffle** on 11/17 to win a gift certificate to Shanti Restaurant- yummm!

~ **Enroll kids in our Youth Fitness Program** for boys and girls! **Ages 5-8 years:** 5pm-6pm, **Ages 9-12 years:** 6pm-7pm

Mondays: Fitness Fusion, **Tuesday:** GoGoYoga, **Wednesday:** Sports Blast, **Thursday:** Smart Moves

Current physical form and liability waiver required for participation. Enroll at the front desk.

~ **Winters is coming!** In the event of a storm, please call us to ensure we're open to serve you.

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