

Effective September 17 2007

Healthworks Foundation Fitness Center
Phone: (617) 825-1600
Fax: (617) 825-5411
Club Coordinator: Keyona Chalwell

Monday

10:45 AM – 12:00 AM Boxing all the way

Tuesday

10:30 AM – 11:30 AM Step N Abs
11:30 AM – 12:30 PM Barbell Express
6:00 PM – 7:00 PM Beauty and the Beast

Wednesday

10:00 AM – 11:00 AM Rebound ReMix
5:30 PM -- 6:30 PM Boxing Explosion

Thursday

11:30 AM -- 12:30 Noon Fun with Belly

Friday

10:30 AM – 12:00 Noon Strength My Way



GROUP EXERCISE EXPERIENCE:

Fun with Belly:

No experience necessary! Come and exercise your Sensual Side!

Barbells Express:

It is simple and yet effective exercise using barbells to build strength. This class is perfect for all levels.

Boxing all the Way:

Dynamic, explosive way to workout. No experience necessary

Beauty and the Beast:

A fusion of Belly dance, tribal yoga, and boxing! Let your sexy beast ROAR!

Rebound ReMix!:

Aerobic conditioning performed on mini trampoline, this class challenges your cardio system with minimal impact

Step N Abs:

45 minutes of hard-core step and 15 minutes of abdominal conditioning

Strength My Way:

All levels welcome! 40 min sculpt/strength-training, 15 min Abs

Hours of Operation:

Monday 10:00 am– 7:00 pm
Tuesday 10:00 am- 8:00 pm
Wednesday 8:00 am- 7:00 pm
Thursday 10:00 am- 8:00 pm
Friday 8:00 am- 4:00 pm

09-17-07 10:00 AM