






TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM	XTS Metabolic Training		XTS Metabolic Training		XTS Metabolic Training
8:15AM	XTS Metabolic Training		XTS Metabolic Training		XTS Metabolic Training
9:15AM		BARRE'ABOVE		BARRE'ABOVE	
12:10 PM					BARRE'ABOVE
4:30 PM	BARRE'ABOVE		BARRE'ABOVE		
5:30 PM		XTS Metabolic Training		XTS Metabolic Training	
6:30 PM	 SOO BAHK DO* youth			 SOO BAHK DO* youth	
7:30 PM	 SOO BAHK DO* ADULT		 SOO BAHK DO* ADULT	 SOO BAHK DO* ADULT	

VALID: FEBRUARY 18TH

BARRE'ABOVE

Full-body conditioning class. The trifecta low impact workout that incorporates lower, upper and core exercises with a focus on flexibility, balance, stability and strength. Barre' is not a cardio-focused workout but can be depending on the instructors approach.

XTS

Metabolic Training

HealthWorks' premier large group training program.

The member will feel the difference using compound exercises to recruit the maximum amount of muscle for every exercise. This style of exercise creates the after burn effect, XPLODING the highest amount of calories. Designed by Certified Personal Trainers, XTS delivers a safe, fun, and effective personal training in a "TEAM" setting.



An awesome, martial art effective in stopping inner & outer conflict, for both Adults and Children ages 8 and up. Sign up at Front Desk.

Registration required, taken anytime.
Fee based class.