

TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 AM	XTS Metabolic Training		XTS Metabolic Training		XTS Metabolic Training
8:15AM					
10:30AM			MAT PILATES		
12:10 PM					
4:30 PM	MAT PILATES				

VALID: NOVEMBER 1ST

MAT PILATES

Mat based Pilates class focuses on strength, stability, posture, proper breath control and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

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.