






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		BARREWORKS		BARREWORKS	
12:10 PM					BARREWORKS
4:30 PM	BARREWORKS		BARREWORKS		
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: AUGUST 12TH

BARREWORKS

A high-energy, fun and challenging workout that will get your heart rate up, lift your tush and tone and tighten all the right areas. Utilizing a ballet barre, this class incorporates isometric movements, pilates, yoga, cardio and resistance training while still being low impact on bones and joints. All levels welcome!

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.