

HEALTHWORKS COMMUNITY FITNESS

Empowering Women • Inspiring Children • Strengthening Neighborhoods

450 Washington Street, Dorchester MA. 02124

Phone: 617.825.2800

Hours Of Operation

Monday – Thursday 6am-9pm

Friday 6am-6pm

Saturday 8am-Noon

Nursery Hours

Monday- Thursday 5pm – 8pm (6mos – 10yrs)

*Maximum 90 Minutes

GROUP FITNESS FEEDBACK We always welcome your feedback and comments.

Please email Fitness Director, Darcel Hunt at dhunt@healthworkscommunityfitness.org

NEW TO CLASSES? Introduce yourself to the instructor & work at your own pace.





ARRIVING ON TIME/LEAVING EARLY For your safety, please arrive on time and stay for the duration of the class.

CLASS ATTENDANCE Healthworks reserves the right to cancel classes due to consistent low attendance.

TICKETING POLICY- Some Healthworks classes require a ticket. Tickets are available 60 minutes prior to class start or by phone reservation a day before class starting at 8am. (For Monday classes, phone reservations can be made on Saturday from 8-noon. **(T)** denotes classes that require a ticket.

INDOOR SHOE POLICY- For the safety of all members and the longevity of equipment, only clean non-marking indoor athletic shoes are allowed.

JANUARY 2017 GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:20am Cardio & Core Intervals Instr: Charlene	6:00am-7:15am *Woman Be Fit 8 week Fitness Challenge (January 17 th to March 9 th) Instr: Carla/ Charlene Pre-Paid Class	6:30am – 7:20am Total Body Conditioning Instr: Carla	6:00am-7:15am *Woman Be Fit 8 week Fitness Challenge (January 17 th to March 9 th) Instr: Carla/ Charlene Pre-Paid Class	
8:30am Senior Ladies Fitness (Ages 55+) Instr: Percess	8:00am-9:00am Flow Yoga for All Instr: Kelly 	8:30am Senior Ladies Fitness (Ages 55+) Instr: Percess	8:00am-9:00am Flow Yoga for All Instr: Cathleen	8:30am Senior Ladies Fitness (Ages 55+) Instr: Percess
8:45am-9:35am B. Fit Instr: Rebecca	9:00am-9:50am Zumba® (T) Instr: Boon 	9:30am-10:20am Sassy Tone Up with Barre Instr: Sinceree	9:00am-9:50am Zumba® (T) Instr: Betsy 	
	5:30pm-7:00pm *Woman Be Fit 8 week Fitness Challenge (January 17 th to March 9 th) Instr: Percess Pre-Paid Class		5:30pm-7:00pm *Woman Be Fit 8 week Fitness Challenge (January 17 th to March 9 th) Instr: Percess Pre-Paid Class	Saturday 10:00am – 11:15am Warrior Boxing (T) Instr: Joyce
6:00pm-6:50pm Body Attack® Instr: Leila	6:00pm-6:50pm Zumba® (T) Instr: Leila	6:30pm-7:15pm Yoga-lates Instr: Vanessa	6:00pm -6:50pm Cardio Line Dancing Instr: Barbara 	
7:00pm-7:50pm Dance Hall Workout Instr: Miciyiaah	7:00pm – 7:50pm Team Training Instr: Darcel	7:15pm-8:00pm Zumba® Instr: Vanessa		

SPECIAL ANNOUNCEMENTS:



- ***GIRL ALMIGHTY TEEN FITNESS PROGRAM*** starts **January 4, 2017**. (Complimentary; Advance Registration REQUIRED).
- ***FITSPRITATION YOUTH FITNESS PROGRAM** starts **January 9, 2017**. (Pre-paid program, \$20 for members, \$35 for non-members).
- ***WOMAN BE FIT 8 WEEK FITNESS CHALLENGE** starts **January 17, 2017**. (Pre- paid program, \$40 for members, \$60 for non-members).
- **VIEW OUR SCHEDULE ONLINE:** <http://healthworkscommunityfitness.org>