

MON	TUE	WED	THU	FRI	SAT
10:30 - 11:10am Get R.I.P.P.E.D. <i>Melanie</i>		10:30 - 11:10am Get R.I.P.P.E.D. <i>Melanie</i>	9:30 - 10:30am FIT <i>Donna</i>		9:00 - 10:00am Pump <i>Rosa</i>
	6:00 - 7:00pm GlideXRow <i>Jamar</i>	5:30 - 6:30pm Power Prep <i>Patti</i>	5:30 - 6:30pm FIT <i>Donna</i>		
		7:30 - 8:30pm Strapless Dress Workout <i>Mary*</i>			

Checkout the group descriptions on the back and schedule your **FREE** small group demo today!

Small Group Training involves custom workouts that are tailored specifically to your group. This is an affordable and fun way to achieve fast results and receive motivation, support, and expert guidance.

Every 12 weeks the formats will be refreshed and enhanced. You can start at any point in the 12 week cycle. Newbies welcomed.

Monthly plans & packages available. Talk to a Program Advisor for more info.

#BuddySystem

GET R.I.P.P.E.D! Experience this total body “plateau-proof” fitness formula using resistance and cardio training and masterly combining: Resistance, Intervals, Power, Plyometrics, Endurance, Dumbbells

GLIDE X ROW This complete full body workout is built around the use of GLIDER BOARDS, ROW MACHINES, and TRX. This is a high energy group for those looking to torch calories and improve your overall level of fitness.

FIT Get FIT with Donna in this highly motivating functional interval training group! This strength and cardio based workout is guaranteed to make you sweat.

POWER PREP Work hard but stay safe with this group. Modifications will be offered as needed but be prepared to take your body to the next level while focusing on proper form and foundations.

PUMP Pump is a high energy strength and cardio workout based on individual and group exercises. This is an inspiring mind body experience structured to help you reach your goals. Get pumped for the weekend!

STRAPLESS DRESS WORKOUT A workout designed to sculpt the upper body and core. No more cover-ups when going sleeveless! You will lean out your arms back and core in this 12-week program. Reveal the new you and go strapless!

1000 East Boston Post Road
Mamaroneck, NY 10543
914.670.0600 • healthyfit.com
Mon – Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm

