



# Station Sensation

**With Leanne Boyd  
ACE Certified  
Personal Trainer**

**This program mixes light to moderate intensity weight training with cardiovascular exercises. The goal is to move from station to station with little rest between stations until the circuit is completed. Once circuit is completed, you will start again. You are sure to get a total body workout in this class. Classes will be held in the HealthWorks' gymnasium.**

Session 1: January 16th—February 10th

Session 2: February 13th—March 9th

Session 3: March 12th—April 6th

Monday, Wednesday, Friday

5:00am—6:00am or 8:45am—9:45am

Member Fee      \$115.00 per session.

Non Member      \$140.00 per session

Must pre-pay for each session

No refunds or pro-rations

See front desk to sign up.