



Fall 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Barbells & Kettlebells 45 min Kelly	*Spin 45 min Jen	Barbells & Kettlebells 45 min Kelly	*Spin 45 min Jen		
12:15 pm	*Spin 30 min Virtual		*Spin 30 min Virtual		*Spin 30 min Virtual	
12:15 pm	Circuit Training 30 min Kelly	Yoga 30 min Kim M.	Circuit Training 30 min Kelly	Yoga 30 min Kim M.		
5:25 pm	Insanity 45 min Kim Y.	Barbells & Kettlebells 45 min Kelly	Core de Force 45 min Kim Y.	Barbells & Kettlebells 45 min Kelly		
5:25 pm	*Spin 45 min Ken	Body Sculpting 45 min Jackie (turf room)	*Spin 45 min Ken	Body Sculpting 45 min Jackie (turf room)		
6:15 pm	Yoga—Ashtanga 60 min Gina	*Yoga—TRX 30 min Gina	Yoga—Relax 60 min Gina	Yoga—Yin 30 min Gina		

**ALL Classes
are FREE
to Members!**

**HealthWorks
216 14th Ave SW
Sidney, MT 59270
406.488.4631**

*Spots for each class are limited.

Effective September 11, 2017



Check out the most recent weekly schedule and sign up for any class using the Spivi app! Create an account at www.spivi.com then simply download the Spivi app from the App Store or Google Play Store. Reserve your spot in a class and receive a notification if a class is canceled. Contact the front desk if you have any questions or would like more details! 488-4631

