HEALTHWORKS

FITNESS CENTERS FOR WOMEN

Dear Healthworks Member,

Thank you for being a valued member and for your continued commitment to Personalized Training at Healthworks Fitness Centers. Healthworks has some of the most experienced and qualified personal trainers in the Boston area and we are very proud of their dedication to our members.

Over the past years, we have continued to sustain a level of excellence and fitness innovation with on-going education for our Personal Training Team. In addition to our core offerings, we have made enormous advancements in our training programs for our teams.

To continue to provide you with the city's best trainers and best services, we are changing the rates of our Pilates, Personal Training, Partner and Semi-Private Sessions by 5%, and Small Group Training by 10% effective September 1, 2013. Please be aware that we are mindful of market pricing in Boston and are committed to remaining in line with industry average. For the lowest rate per session, please consider enrollment into our auto-renew program.

Click here to view updated Personal Training, Small Group Training and Pilates Training rate cards.

Comparison-Personal Training
Level 1-2 Industry Rate Average
(Paid in Full)
55-min session $83-$137
(based on 10 sessions)

Level 1-2 Healthworks New Rates
55-min session $85-$97
(based on 10 sessions)

Small Group Training Comparison
Industry Average
$18-$35 per session

Small Group Training Comparison
Healthworks Rate
$20 per session

To provide our trainers with growth opportunity we have also added a trainer level. Healthworks now has Levels 1-4 which rewards our trainers on their experience and continuing education in their field. In the future you will be notified when your personal trainer is promoted to a new Level. Our current Level 3's are now listed as Level 4, however their price remains the same as that of a Level 3 trainer (other than the 5% increase).

Thank you for being a loyal member. We look forward to helping you stay committed to your health and fitness goals. If you have any questions please contact Melissa Hill, Corporate Director of Fitness.

Thank you,

Melissa Hill
Corporate Fitness Director