



	Monday	Tuesday	Wednesday	Thursday		Sunday
5:30 am	Barbells & Kettlebells 45 min Kelly	*Spin 45 min Jen	Barbells & Kettlebells 45 min Kelly	*Spin 45 min Jen		
12:15 pm	Circuit Training 30 min Kelly	Yoga 30 min Kim	Circuit Training 30 min Kelly	Yoga 30 min Kim		Yoga (2:00pm) 60 min Kim
5:25 pm		Barbells & Kettlebells 45 min Kelly		Barbells & Kettlebells 45 min Kelly		
5:25 pm	*Spin 45 min Anya		*Spin 45 min Anya			
6:15 pm						

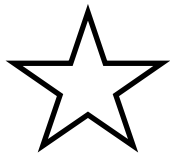
# Winter 2019

**ALL Classes are FREE to Members!**

HealthWorks  
216 14th Ave SW  
Sidney, MT 59270  
406.488.4631

\*Spots for each class are limited. Reserve your bike using the Spivi app.

Effective January 2nd, 2019



For the daily class schedule and much more, check out the Healthworks' App! Use the app to check out the class schedule, sign up for classes, and keep track of your membership. Find the app in the App Store or the Google Play Store today!

