

Group Training Schedule

January 5th-April 4th

	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-6:30am	Adrenaline Cycle Molly	Bootcamp Scott	Yoga Sculpt Derrick	Muscle Tone & Sculpt Marijka	Interval Cycle Alicia Core & Mobility Alicia	8:00 – 9:00am Adrenaline Cycle Jamie
6:30-7:30	Bootcamp Alicia	Interval Cycle Marijka Core & Mobility Marijka	Fitness Barre Leah	R3: Rip, Ride & Row Alicia	Yoga Sculpt Derrick	9:00 – 10:00am Pure Strength Jamie
9:00-10:00am	R3: Rip, Ride & Row Molly	Fitness Barre Leah	Interval Cycle Kristin Core & Mobility Kristin	Muscle Tone & Sculpt Sherri	Yoga Sculpt Derrick	
12:00-1:00pm	R3: Rip, Ride & Row Judith	Interval Cycle Sherri Core & Mobility Sherri	Muscle Tone & Sculpt Marijka	Yoga Sculpt Alicia	Bootcamp Cody	
5:30-6:30pm	Muscle Tone & Sculpt Jamie	Adrenaline Cycle Sherri	Pure Strength Cody	R3: Rip, Ride & Row Jamie	Bootcamp Nate	

Please circle the sessions you would like to enroll in. (Please only sign up for the sessions you know you will attend regularly.) Please keep a copy of your new schedule or transfer to your day-planner so you know when you're supposed to be here! ☺

Name: _____

Email Address: _____

Guidelines:

- ♥ If you stay in the same time slot, your overall program will be very balanced. When you begin to switch time slots, you will need to ensure you've got enough variety and balance in your program without overdoing it in any one area. Scheduled trainers may change based on availability.
- ♥ If you have any questions, contact us at **360-574-7292**

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Group Training Program	Description	Fitness Goal
Adrenaline Cycle / Interval Cycle	Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize caloric burn by incorporating interval based drills, visualization and effective coaching techniques. A great workout for those who would like to lose body fat or maintain a lean physique. Expect to burn an incredible 600-800 calories in 60 minutes. Interval Cycle will focus more on speed and high intensity intervals and Adrenaline Cycle will focus on endurance.	CV
R3: Rip, Ride & Row	Ready for a class that gives you everything you need in one class? This is the class from you! Rowing circuits combined with strength training to get your heart rate pumping mixed with interval rounds of cycle to leave your breathless and burning 500-800 calories a class. Be prepared to work HARD in this class!	CV M
Muscle Tone & Sculpt	Tone and Sculpt your muscles while training the entire body utilizing dumbbells, kettlebells, tubing, medicine balls, stability balls, Gliding Discs, BOSU Trainers and other training tools. This session will sculpt, tone and develop muscle definition in your entire body.	M
Bootcamp	This fun, energetic class will blast through calories with cardio and strength intensive drills sure to keep you lean and mean. Bosu balls, ladder drills, ropes, kettle-bells, medicine balls, equipment galore to keep the workout fun and effective.	M CV
Pure Strength	Take your strength to the next level with this full body muscle conditioning workout. Pure Strength will provide incredible benefits including an enhanced metabolism, higher caloric burn, improved bone density, better posture, reduced risk for injury, better muscle tone and strength and so much more. Strength training is the true fountain of youth!	M
Fitness Barre	Experience the benefits of this demanding workout that blends balance, endurance, stretch and strength at the Barre and on the Mat. Using light weights and lots of reps, you will build and improve power, grace and athleticism. This class is great for athletes that need cross training & anyone that wants to feel stronger and more stable in their bodies.	M
Barre Yoga	This format combines two amazingly beneficial classes into one, Barre Fitness and Yoga Sculpt, a perfect blend of strength, balance, mobility and stretching to help round out your fitness program!	M F
Core & Mobility	A muscle conditioning session designed to train the stabilizer muscles located around the abdominal region and the spine. This session maximizes optimal posture and stability, lowers the risk of injury and will help develop a strong, tight and toned mid-section. This will also include some mobility work to keep you moving better and feeling your best!	M
Yoga Sculpt	Strengthen your entire body and erase your body's tension with this Yoga Sculpt program. You will improve your flexibility, balance, enhance relaxation and release stress while improving total muscle conditioning. Yoga Sculpt will focus on more challenging poses and intense holds.	M F

Cardiovascular Conditioning (CV) - These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must for those of you wanting to burn body fat.

Muscle Conditioning (M) - These types of sessions are absolutely critical for so many reasons. First, the best physiologists in the world are reporting that muscle conditioning is the most important component for reversing the aging process. By regularly participating in these sessions you will maintain muscle mass, develop your strength, improve your muscle tone and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! Muscle conditioning programs are the fastest way to change your body shape. You should incorporate three muscle conditioning workouts into your schedule each week.

Mind/Body Fitness and Flexibility (F) - If you want to avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable, these sessions are perfect for you.

- For maximum fitness potential, you should avoid doing too much of any one program and instead choose from a variety of programs. Ensure you have enough variety and balance in your program without overdoing any one area.
- In order to take full advantage of a proper warm-up and cool down, secure your space and equipment, and so as to not disturb your fellow workout buddies, we ask that you arrive on time and stay until the end of all classes. If you are running late or absolutely need to leave early, we ask that you enter or exit quickly and quietly. Please understand that entering or leaving a class during a meditative segment can be disruptive to the other exercisers.
- To allow your trainer to guide you appropriately through each workout, please advise them if you are a beginner, pregnant, have high blood pressure or any other medical condition, injury, or pain that may affect your ability to perform certain movements.
- Trainers may change based on availability.