

LOOKING GOOD, FEELING GREAT, & LIVING LIFE TO THE FULLEST

FALL / WINTER GROUP FITNESS SCHEDULE

SEPTEMBER 1ST - DECEMBER 31ST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM - 8:30AM *VIRTUAL*	FULL BODY MUSCLE SHERRI	BOX & DANCE ----- CORE CONDITIONING SHERRI	TABATA STRENGTH ----- RESTORATIVE STRETCH SHERRI	YOGA SHERRI		8:00AM - 9:00AM R3 MADDIE
9:00 AM - 10:00AM	PURE STRENGTH NATHAN	CARDIO, CORE & MOBILITY CARSON	FULL BODY MUSCLE NATHAN	R3 CARSON	YOGA STRETCH NICK	FULL BODY MUSCLE CARSON
12:00PM - 1:00PM	FULL BODY MUSCLE JESS	YOGA STRENGTH ALICIA	R3 NATHAN	PURE STRENGTH BRI	TABATA STRENGTH & CORE CONDITIONING MARCIA	
5:30PM - 6:30PM	R3 ALL TRAINERS	FULL BODY MUSCLE NICK	YOGA BRI	TABATA STRENGTH & CORE CONDITIONING MARCIA	Virtual Only: \$49.99 / 2 Weeks Virtual & Live: \$75 / 2 Weeks	

CURRENT NWPT CLIENTS GET FREE ACCESS TO VIRTUAL CLASSES. TALK TO A CUSTOMER SERVICE REP FOR DETAILS.

ALL NEW NWPT CLIENTS GET 2 FREE WEEKS OF GROUP CLASSES!

☎ 360.574.7292 ✉ INFO@NWPERSOALTRAINING.COM

📍 1011 BROADWAY ST. VANCOUVER, WA 98660

ASK US ABOUT ORGANIZING A SMALL GROUP TRAINING WITH YOUR FRIENDS AND FAMILY!
3 CLIENTS - \$40/CLIENT/HOUR | 4 CLIENTS - \$30/CLIENT/HOUR

FRIDAYS 11:00AM - 12:00PM	IN PERSON & IN STUDIO
CHAIR YOGA NICK * ADDITIONAL FEE	VIRTUAL



#nwptstrong

Northwest PERSONAL TRAINING
NWPPersonalTraining.com

DETAILS:

For your convenience, we've got 2 options to participate in our Group Training Program! You can drop into our live, in-person classes for \$20. If the virtual-only option works best for you, our Virtual Membership is only \$49.99 every two weeks. You can access both virtual and in-person workouts with our Gold Group Membership, \$75 every two weeks. Email us at info@nwpersonaltraining.com to register.

Once you register for our Virtual Group Training program, you will be invited to our Private Virtual Class Facebook group. You can participate live at the specified time slot or the class will be saved and you can participate at a time that is more convenient for you. If you find a favorite trainer/class, feel free to go back to that favorite class over and over again!

CLASS DESCRIPTIONS:

- **R3 - Row, Ride, & Resistance:** Ready for a class that gives you everything you need in one class? This is the class for you! Rowing circuits combined with strength training to get your heart rate pumping mixed with interval rounds of cycling to leave you breathless and burning 500-800 calories a class. Be prepared to work HARD in this class!
- **Box & Dance:** A high-energy group fitness class that combines the cardio and strength benefits of boxing with the fun and rhythm of dance. Get ready to sweat, smile, and punch your way to a healthier, happier you!
- **Core Conditioning:** A session designed to train the muscles located around the torso and spine. This session maximizes optimal posture and stability, lowers the risk of injury and will help develop a strong, tight and toned mid-section.
- **Pure Strength:** These classes are designed to increase your muscle strength through lower reps and heavier weights.
- **Tabata Strength:** Incorporates high intensity strength intervals with periods of rest to provide a heart pounding, muscle pumping workout that will target your entire body. Benefits include improved muscle strength, enhanced muscle tone, increased bone density, and improved body composition.
- **Full Body Muscle:** Tone and Sculpt your lower body, upper body and core! Benefits include improved muscle strength and endurance, enhanced muscle tone, better balance and posture, increased bone density, and improved body composition. Muscle conditioning is the true fountain of youth!
- **Cardio, Core & Mobility:** The first half of the session is a cardio conditioning workout that utilizes full body movements and focuses on muscle endurance to condition and tone your entire body and develop overall fitness. A high-calorie burner! The second half of the session maximizes optimal posture and stability, allowing the ability to move freely and easily through all ranges of motion with an extra emphasis on core strength and stability!
- **Yoga:** Relieve your body's tension with this yoga class. You will improve your flexibility and balance, enhance relaxation and release stress while improving total muscle conditioning. This is a gentle Yoga class fit for beginners.
- **Yoga Strength:** This class is an exciting and challenging combination of Yoga and Strength Training. The fusion of the two results in a dynamic, flowing workout, which will make you stronger and more flexible.
- **Yoga Stretch:** Relieve your body's tension with this yoga class. You will improve your flexibility, and balance, enhance relaxation and release stress while improving total muscle conditioning. This is a gentle Yoga class fit for beginners.
- **Restorative Stretch:** Settle your mind and body with this restorative session. Gentle poses held for an extended time will unlock deep muscle tension while using breath work and mindful meditation. Flow with purpose and intention, realign your fascia and awaken your senses.

Virtual Only:
\$49.99 / 2 Weeks
Virtual & Live:
\$75 / 2 Weeks

