

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

Vitality Strength Commitment Energy Determination

July Group Fitness Schedule

Virtual

In Person

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	Cardio & Muscle Blast <i>Bob</i>	Muscle, Tone, and Sculpt <i>Marijka</i>	Fitness Barre <i>Leah</i>	Cardio Blast <i>Alicia</i>	Outdoor Bootcamp <i>Bob</i>	8:00am Adrenaline Cycle <i>Jess</i>	
7:00am	Outdoors			Yoga <i>Alicia</i>	Outdoors		
7:30am	Upper Body Strength <i>Sherri</i>						
8:00am	Booty Blast <i>Sherri</i>						
9:00am	Muscle, Tone, and Sculpt <i>Nathan</i>	Fitness Barre <i>Leah</i>	Outdoor Bootcamp <i>Kristin</i>	Cardio Kickboxing <i>Sherri</i>	Yoga <i>Derrick</i>	9:00am Muscle, Tone, and Sculpt <i>Jess</i>	9:00am FREE Outdoor Bootcamp
9:30am	Indoors		Outdoors	Core Conditioning <i>Sherri</i>		Indoors	
12:00pm	Muscle, Tone, and Sculpt <i>Judith</i>	Flex and Run/Walk <i>Scott</i>	Outdoor Bootcamp <i>Marijka</i>	Yoga <i>Alicia</i>	Pure Strength <i>Kristin</i>		
12:30pm	Indoors	Outdoors	Outdoors	Outdoors	MMF <i>Kristin</i>		
5:30pm	Pure Strength <i>Nathan</i>	Flex and Run/Walk <i>Jamie</i>	Muscle, Tone, and Sculpt <i>Jess</i>	Cardio Blast <i>Jamie</i>	Pure Strength <i>Jamie</i>		
6:00pm	Core <i>Nathan</i>	Outdoors	Indoors	MMF <i>Jamie</i>	Indoors		

Cost

Virtual Only:
\$49 Every 2 weeks

Virtual and Live Access:
\$65 Every 2 weeks



#nwptstrong

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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 \$15. If the virtual-only option works best for you, our Virtual Membership is only \$49 every two weeks. You can access both Virtual and in-person workouts with our Gold Group Membership, \$65 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:

- **Adrenaline 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.
- **Interval Cycling:** 30-minutes of interval cycling drills that will leave your engine revving for the rest of the day!
- **Cardio Kick Boxing:** Get your heart rate up and burn some calories with boxing drills, combinations, and movements to music. Punch, kick, relieve some stress and have fun while getting a great workout.
- **Rowing:** Intervals & drills on the rower utilizing your full body to work your heart, lungs & muscles.
- **Muscle & Cardio Blast:** Solid session consisting of strength-based movements with cardio bursts to get your heart rate up and burn maximum calories in a short period of time!
- **Cardio Blast:** In this class, you will be burning a ton of calories with high and low-intensity cardio bursts to get your heart rate up and burn maximum calories in a short period of time! This class is for all fitness levels.
- **Flex & Run/Walk:** All Levels welcome! Combination of resistance band strength and walking/jogging for a total body workout outdoors in person! Sign-ups are 24 hours in advance
- **Fitness Barre:** Experience the benefits of this demanding workout that blends balance, endurance, stretch, and strength at the Barre and on the Mat. Using nothing but your body weight or 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
- **Yoga Barre Fusion:** This class will combine the core engaging, lengthening, and strengthening exercises with Pilates and flexibility increasing poses of yoga.
- **Muscle, Tone, & Sculpt:** Tone and Sculpt your muscles while training the entire body! We will offer options in person and if you are joining us virtually, we will make sure you are able to utilize tools that you have at home. This session will sculpt, tone, and develop muscle definition in your entire body.
- **Mobility & Stretch:** This session maximizes optimal posture and stability, allowing the ability to move freely and easily through all ranges of motion. Your muscles will feel stretched, relaxed, and lengthened by the end of this class.
- **Yoga Power:** Yoga power will focus on using faster transitions to increase cardiovascular training as well as using lightweight resistance to improve strength.
- **Yoga:** Relieve your body's tension with these yoga classes. You will improve your flexibility, balance, enhance relaxation and release stress while improving total muscle conditioning.
- **Balance Training:** Take some time to focus on improving balance and stability in this fun and dynamic class. You can expect to work on all aspects and movements that impact your ability to stay balanced.
- **Perfect Posture:** Great posture can decrease shoulder, neck, and low back pain and the likelihood of injuries. In this class, you will increase your posterior chain strength, increase stability and mobility, and enhance your awareness of where your body is in space!
- **Mobility, Movement & Flow (MMF):** This class will combine Yoga, Stretching, and Mobility techniques leaving your body feeling balanced and rejuvenated.
- **Outdoor Bootcamp:** Get your body moving and your heart rate racing with this outdoor workout that combines cardio and strength training.
- **Upper Body Strength:** 30-minute quick workout targeting your back, chest, shoulders, and arms. Who is ready to get buffed and toned?
- **Booty Blast:** It's all about the glutes! Work on building a stronger and functional booty!