


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

# Summer Group Fitness Schedule

**MAY 1ST - AUGUST 31ST**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM - 7:30AM	<b>R3</b> JESS	<b>PURE STRENGTH</b> NATHAN	<b>CARDIO, CORE &amp; MOBILITY</b> JESS	<b>INDOOR/OUTDOOR BOOTCAMP</b> ALICIA	<b>RESTORATIVE STRETCH</b> BOB	
7:30AM - 8:30AM	<b>MUSCLE TONE &amp; SCULPT</b> SHERRI	<b>BOX &amp; DANCE</b> CORE CONDITIONING SHERRI	<b>TABATA STRENGTH</b> RESTORATIVE STRETCH SHERRI	<b>YOGA</b> SHERRI		8:00AM - 9:00AM <b>R3</b> MADDIE
9:00AM - 10:00AM	<b>CARDIO, CORE &amp; MOBILITY</b> NATHAN	<b>FITNESS BARRE</b> LEAH	<b>PURE STRENGTH</b> NATHAN	<b>R3</b> SOPHIE	<b>YOGA STRETCH</b> NICK	<b>INDOOR/OUTDOOR BOOTCAMP</b> SOPHIE
12:00PM - 1:00PM	<b>MUSCLE TONE &amp; SCULPT</b> JESS	<b>YOGA BARRE</b> ALICIA	<b>R3</b> NATHAN	<b>CARDIO, CORE &amp; MOBILITY</b> BRI	<b>PURE STRENGTH</b> MAKENAH	
5:30PM - 6:30PM	<b>INDOOR/OUTDOOR BOOTCAMP</b> NATHAN	<b>MUSCLE TONE &amp; SCULPT</b> NICK	<b>YOGA</b> BRI	<b>TABATA STRENGTH</b> MAKENAH	<b>R3</b> MAKENAH	

**Virtual Only: \$49.99 Every 2 weeks**    **Virtual & Live Access: \$75 Every 2 weeks**

 **360.334.3372**

 **INFO@NWPERSOALTRAINING.COM**

 **1011 Broadway St. Vancouver, WA 98660**

**FRIDAYS**  
11:00AM - 12:00PM

**CHAIR YOGA**  
NICK  
\* ADDITIONAL FEE

**JUNE - AUGUST**  
9:00AM - 10:00AM

**FREE**  
**SUNDAY**  
**BOOTCAMP!**  
ALL TRAINERS!

**IN PERSON**  
**& IN STUDIO**

**VIRTUAL**



**Northwest**  
**PERSONAL TRAINING**  
NWPersonalTraining.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](mailto: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.
- **Bootcamp:** Muscle and cardio conditioning that will utilize tubing, medicine balls, kettlebells, and your own body weight to burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness. It's a blast! Low-impact movements will be offered as alternatives to any high-impact movements. \*Classes will be Indoor or Outdoors depending on weather.
- **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, light weights and lots of reps, you will build power, grace, and athleticism. This class is great for athletes that need cross-training and anyone that wants to feel stronger/more stable in their bodies.
- **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.
- **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 the tools that you have at home.
- **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 Barre:** 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!
- **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.



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