

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

*Vitality Strength Commitment Energy Determination*

# Winter Group Fitness Schedule

January 1st - April 30th

**In Person  
& in studio**

**Virtual**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Bike & Row <i>Jamie</i>	Pure Strength <i>Nathan</i>	Fitness Barre <i>Leah</i>	R3 <i>Alicia</i>	Yoga <i>Bob</i>	7:30 am Interval Cycle <i>Emily</i> <small>Hybrid In Person &amp; Virtual</small>
7:00am	Core & Mobility <i>Jamie</i>					
7:30am	Muscle, Tone, & Sculpt <i>Sherri</i>	Cardio Kickboxing <i>Sherri</i>	Muscle & Cardio Blast <i>Jamie</i>	Yoga <i>Sherri</i>	Pure Strength <i>Nick</i>	8:00 am R3 <i>Emily</i>
8:30am		Core Conditioning <i>Sherri</i>				
9:00am	Muscle, Cardio Blast <i>Nathan</i>	Fitness Barre <i>Leah</i>	Pure Strength <i>Kristin</i>	R3 <i>Sophie</i>	Yoga Stretch <i>Nick</i>	9:00 am Muscle, Tone, & Sculpt <i>Sophie</i>
9:30am			Core & Mobility <i>Kristin</i>			
12:00pm	R3 <i>Emily</i>	Yoga Strength <i>Alicia</i>	Pure Strength <i>Nathan</i>	Cardio <i>Jamie</i>	Muscle, Tone, & Sculpt <i>Kristin</i>	<p><b>Virtual Only:</b> <b>\$49 Every 2 weeks</b></p> <p><b>Virtual and Live Access:</b> <b>\$75 Every 2 weeks</b></p>
12:30pm				Core & Mobility <i>Jamie</i>		
5:30pm	R3 <i>Nathan</i>	Muscle, Tone, & Sculpt <i>Nick</i>	Cardio <i>Jess</i>	Pure Strength <i>Makenah</i>	Muscle & Cardio Blast <i>Emily</i>	
6:00pm			Core & Mobility <i>Jess</i>			



*#nwptstrong*

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**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 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 from 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!
- **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.
- **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!
- **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.
- **Interval Cycling:** 30-minutes of interval cycling drills that will leave your engine revving for the rest of the day!
- **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.
- **Bike & Row:** In this class, you can expect a combination of rowing and cycling circuits!
- **Pure Strength:** These classes are designed to increase your muscle strength through lower reps and heavier weights.
- **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. This session will sculpt, tone, and develop muscle definition in your entire body.
- **Mobility & Core:** This 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:** In this class you can expect to relieve tension and lengthen your muscles with a combination of movement flow and balance.
- **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.
- **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.
- **Upper Body Strength:** 30-minute quick workout targeting your back, chest, shoulders, and arms. Who is ready to get buffed and toned?
- **Lower Body:** It's all about the glutes! Work on building a stronger and more functional booty!
- **Cardio:** This 30 minute class will consist of a variety of cardio HIIT Training using various cardiovascular modalities. Rowers, bikes, bodyweight intervals can be expected.
- **Mobility & Movement:** This class will focus on myofascial release followed by movement to reinforce good biomechanics.



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