

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

Vitality Strength Commitment Energy Determination

Winter Group Fitness Schedule

January 1st - March 31st

**In Person
& in studio**

Virtual

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	R3 <i>Jordan</i>	Upper Body <i>Nathan</i>	Mobility & Core <i>Leah</i>	Muscle, Tone, and Sculpt <i>Bob</i>	R3 <i>Bob</i>	7:30 am Interval Cycle <i>Jess</i> <small>Hybrid In Person & Virtual</small>
7:00am		Lower Body <i>Nathan</i>				
7:30am	Muscle & Cardio Blast <i>Sherri</i>					8:00 am R3 <i>Jordan</i>
8:30am						
9:00am	R3 <i>Nathan</i>	Fitness Barre <i>Leah</i>	R3 <i>Kristin</i>	Cardio Kickboxing <i>Sherri</i>	Yoga <i>Derrick</i>	9:00 am Muscle, Tone, and Sculpt <i>Jess</i>
9:30am				Core Conditioning <i>Sherri</i>		
12:00pm	Muscle, Tone, and Sculpt <i>Jess</i>	Pilates <i>Kristin</i>	R3 <i>Nathan</i>		Pure Strength <i>Kristin</i>	Virtual Only: \$49 Every 2 weeks
12:30pm		Yoga <i>Bob</i>		Mobility & Core <i>Kristin</i>		
1:00 pm				Mobility & Core <i>Cody</i>		Virtual and Live Access: \$65 Every 2 weeks
1:30 pm						
5:30pm	Pure Strength <i>Nathan</i>	R3 <i>Jamie</i>	Muscle, Tone, and Sculpt <i>Jess</i>	Yoga <i>Bob</i>	R3 <i>Jordan</i>	#nwptstrong
6:00pm	Core <i>Nathan</i>					



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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 \$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:

- **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.
- **Cardio Blast:** This 40-minute class will combine, biking, rowing, and a variety of cardio drills.
- **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.
- **Muscle & Cardio Blast:** In this one-hour class you can expect to get a great combination of a full-body muscle kick with cardio circuits to ensure you feel #nwptstrong all day!
- **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 & 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:** 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.
- **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 functional booty!



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