



tel 503.287.0655
 email info@nwwomensfitness.com
 web www.nwwomensfitness.com
 address 2714 NE BROADWAY
 PORTLAND, OR 97232

TEAM TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30a Regular <i>Raina</i>				
7:00-8:00a Pilates Equipment <i>Laura</i>				6:30-7:30a Regular <i>Sam</i>	
9:00-10:00a TRX & Balance <i>Sam</i>	8:00-9:00a Regular <i>Carol</i>		8:00-8:30a Regular <i>Carol</i>		
9:30-10:00a Tread Strong <i>Raina</i>	9:00-10:00a Regular <i>Carol</i>	9:00-9:30a Regular <i>Carol</i>		8:30-9:30a Posture & Balance <i>Sam</i>	
10:00-11:00a Boxing Fitness <i>Alta</i>	9:00-10:00a Regular <i>Sam</i>	9:15-10:15a Pilates Equipment <i>Alta</i>		9:30-10:30a Pilates Equipment <i>Alta</i>	8:00-9:00a Regular <i>Jolene</i>
10:00-11:00a Posture & Balance <i>Sam</i>	9:30-10:00a MRT <i>Raina</i>	10:30-11:00a Regular <i>Carol</i>	9:30-10:00a MRT <i>Shauna</i>	9:30-10:30a Regular <i>Carol</i>	8:30-9:00a H.I.R.T. <i>Raina</i>
11:00-12:00p Regular <i>Gillian</i>	10:00-11:00a Boxing Fitness <i>Alta</i>	10:30-11:30a TRX <i>Alta</i>		10:00-10:30a Boxing Fitness <i>Sam</i>	9:00-10:00a Regular <i>Raina</i>
3:30-4:00p Regular <i>Carol</i>			10:30-11:30a Regular <i>Carol</i>	10:00-10:30a Core <i>Jolene</i>	10:00-11:00a Strength Intervals <i>Jolene</i>
4:30-5:30p Regular <i>Carol</i>		11:30-12:30p Pilates Equipment <i>Laura</i>	11:00-12:00p Posture & Balance <i>Sam</i>	10:30-11:00a Flexibility <i>Jolene</i>	10:00-11:00a Pilates Equipment <i>Kira</i>
5:30-6:00p Strength <i>Remy</i>		1:00-2:00p Regular <i>Gillian</i>			
6:00-7:00p Regular <i>Carol</i>		4:00-5:00p Regular <i>Jolene</i>		3:45-4:45p Regular <i>Carol</i>	
6:00-7:00p Pilates Equipment <i>Kira</i>	5:30-6:30p Pilates Equipment <i>Tessah</i>	5:30-6:00p Regular <i>Carol</i>	5:30-6:30p Pilates Equipment <i>Laura</i>		Shaded boxes = child care is available
6:30-7:30p Regular <i>Jolene</i>	6:00-7:00p Regular <i>Bree</i>	6:30-7:30p Pilates Equipment <i>Laura</i>	6:30-7:30p Pilates Equipment <i>Laura</i>	ONLY \$27/hour or \$13.50/half hour You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	

Specialty Team Training Descriptions



Boxing Fitness - Challenge your muscles and empower your mind with drills used by the pros. Punch and kick your way to a lean mean toned body. Feel invigorated and strong from this cardio and strength training workout!



Consistency - The key to being healthier, more fit, and energetic... is continuity and consistency in exercise. This team training is scheduled two days a week to get you to the gym consistently for a well rounded program.

Core - Your core consists of more than just your abs and a strong core is essential for movement and balance! Exercises will focus on core stabilization, strength, and endurance.



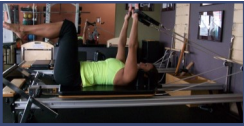
Flexibility - Stretching can help relieve muscle pain, improve your range of motion, and decrease your risk of injury. This Team Training will include dynamic, static, and partner stretching.



H.I.R.T. - This “High Intensity Resistance Training” will blast you into the best shape of your life. If you are having a hard time with the last few pounds or just want to take your fitness to the next level, this is the training for you!



MRT - Metabolic Resistance Training is an intense strategy for increasing strength, torching fat and improving overall physical fitness. This circuit style training use various resistance training variables. Recommended for intermediate and advanced levels.



Pilates Equipment - Pilates conditions the entire body with a strong emphasis on the core. These low impact exercises will help you improve your strength, flexibility and joint mobility. Use the Pilates Reformer, Chair & Arc for an excellent full body workout.



Posture & Balance - If you suffer from back or neck pain, it may be due to poor posture. Improve your strength, flexibility, balance and confidence, while alleviating pain and risk of injury.

Strength & Balance - Strengthening your core muscles, will improve your balance and improve your ability to move your body with skill and control, which is vital for accomplishing day to day tasks.



Strength Intervals - Strength Intervals will be an exciting fusion of total body strength training and cardio intervals specifically developed to maximize fat loss and improve endurance and coordination. No matter where you are in your fitness journey this work out will give you the opportunity to propel yourself to the next level. All fitness levels welcome.



Tread Strong - An effective 30 minute fat burning, strength building workout utilizing the treadmill with intervals of strength exercises. This team training will increase cardiovascular and strength endurance. All fitness levels welcome.



TRX Suspension - TRX allows you to unload and leverage your bodyweight while performing strength, balance, mobility and flexibility exercises. This enables you to instantly modify any exercise to your available range of motion or level of strength to safely get as strong, agile and powerful as you can be!