



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 Raina		5:30-6:30a Regular Raina		
	7:00-7:30a Regular Bi-Weekly Carol			6:30-7:30a Regular Raina	
9:00-10:00a TRX & Balance Sam	8:00-9:00a Regular Carol		8:00-8:30a Regular Carol		
9:30-10:00a Tread Strong Raina	9:00-10:00a Regular Carol	9:00-9:30a Regular Carol		8:30-9:30a Posture & Balance Sam	
10:00-11:00a Boxing Fitness Alta	9:00-10:00a Regular Sam	9:15-10:15a Pilates Equipment Alta	9:30-10:30a MRT Shauna	9:30-10:30a Pilates Equipment Alta	8:00-9:00a Regular Jolene
10:00-11:00a Posture & Balance Sam	9:30-10:00a MRT Raina			9:30-10:30a Regular Carol	8:30-9:00a H.I.R.T. Raina
11:00-12:00p Regular Gillian	10:00-11:00a Boxing Fitness Alta	10:30-11:30a TRX Alta	10:30-11:30a Regular Carol	10:00-10:30a Boxing Fitness Sam	9:00-10:00a Regular Raina
			11:00-12:00p Posture & Balance Sam		10:00-11:00a Strength Intervals Jolene
3:30-4:00p Regular Carol		1:00-2:00p Regular Gillian			
4:30-5:30p Regular Carol		3:15-4:15p Boxing & Yoga Sam			
6:00-7:00p Regular Carol		4:00-5:00p Regular Jolene		3:45-4:45p Regular Carol	
6:00-7:00p Pilates Equipment Kira	5:30-6:30p Pilates Equipment Tessah	5:30-6:00p Regular Carol	5:30-6:30p Pilates Equipment Laura		Shaded boxes = child care is available
6:30-7:30p Regular Jolene	6:00-7:00p Regular Bree	6:30-7:30p Pilates Equipment Laura	6:30-7:30p Dance Bree	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!



Boxing & Yoga - This team training has it all for cardiovascular fitness, stress relief, strength building, and flexibility! The first half of the session will be a high energy boxing workout, combining cardiovascular drills with strength exercises. Participants will learn how to use catch mitts with a partner using basic punches, then progress into punch combinations with footwork. After an intense calorie burn, we will transition into a smooth yoga practice combining strength with flexibility and calming the mind through breathing exercises and meditation.



Dance - Gain cardiovascular endurance, strength, and mobility in a small group while having fun and benefiting from individual instruction. We will focus on dance drills and choreography, weighted exercises and stretching. All levels welcome. Come shake a tail feather!



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!