



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		
	6:30-7:00a Regular Raina		6:30-7:30a Regular Raina	6:30-7:30a Regular Raina	
	7:00-7:30a Regular Carol Biweekly		8:00-8:30a Regular Carol	8:00-9:00a Pilates Elizabeth	8:00-9:00a Regular Jolene
	8:00-9:00a Pilates Elizabeth			8:30-9:30a Posture & Balance Sam	
9:00-10:00a TRX & Balance Sam	8:00-9:00a Regular Carol	9:00-9:30a Regular Carol	9:00-10:00a MRT Raina	9:30-10:30a Pilates Equipment Alta	
9:30-10:30a Regular Carol	9:00-10:00a Regular Carol	9:30-10:30a Pilates Equipment Alta			10:00-11:00a Strength Intervals Jolene
10:00-11:00a Boxing Fitness Alta	9:00-10:00a Regular Sam	10:30-11:30a TRX Alta	11:00-12:00p Posture & Balance Sam		
11:00-11:30a Regular Carol	9:00-9:30a MRT Raina				
2:00-2:30p Booty HIIT Jolene	10:00-11:00a Boxing Fitness Alta	1:00-2:00p Regular Gillian			
			3:30-4:30p Run Strong Carol		
4:30-5:30p Regular Carol	5:30-6:30p Pilates Equipment Tessah		4:30-5:30p Regular Carol		
6:00-7:00p Regular Carol	6:00-7:00p Regular Bree	5:30-6:00p Regular Carol	6:00-7:00p TRX Liane		Shaded boxes = child care is available
6:30-7:30p Regular Jolene				ONLY \$28/hour or \$14/half hour You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	

Specialty Team Training Descriptions

Booty HIIT - A short but powerful workout designed to strengthen and sculpt your backside, increase metabolic rate with high intensity intervals and improve cardiovascular fitness. Bouts of hard work followed by short periods of rest will keep your body burning calories for hours to come and give you that extra pep in your step. While the booty is the focus, your core and upper body will not be left out. Progressions and regressions for all exercises will be provided though some cardiovascular endurance is recommended.

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!

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.

Run Strong - Depending on weather, a one to two mile run outside will be incorporated into a strength workout indoors. The treadmill will be utilized as necessary. This team training will increase cardiovascular and strength endurance. All fitness levels welcome, though a little running experience would be helpful.

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.

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!

