



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	5:30-6:30a Mobility Raina	
	6:30-7:00a Regular Raina		6:30-7:30a Regular Raina	6:30-7:30a Regular Raina	
	7:00-8:00a Mobility Raina		8:00-8:30a Regular Carol		8:00-9:00a Regular Sarah <i>Starts 9/14</i>
		7:30-8:30a Pilates Equipment Elizabeth			
9:00-10:00a TRX & Balance Sam	8:00-8:30a Regular Part 1 Carol	9:00-9:30a Regular Carol	9:00-10:00a MRT Raina		9:00-10:00a Strength Intervals Sarah <i>Starts 9/14</i>
10:00-11:00a Regular Carol	8:30-9:00a Regular Part 2 Carol	9:30-10:30a Pilates Equipment Alta	10:30-11:00a Regular Carol	9:30-10:30a Pilates Equipment Alta	10:00-10:30a Flexibility Sarah <i>Starts 9/14</i>
10:00-11:00a Boxing Fitness Alta	9:00-10:00a Regular Carol	10:00-11:00a Mighty Mamas Gillian	11:00-12:00p Posture & Balance Sam	9:30-10:30a TRX & Kettlebell Sarah	
11:00-11:30a Regular Carol	9:00-10:00a Regular Sam	10:30-11:30a Strong Alta <i>Starts 9/25</i>			
2:00-2:30p Booty HIIT Jolene	9:00-9:30a MRT Raina	1:00-2:00p Regular Gillian			
	10:00-11:00a Boxing Fitness Alta		3:30-4:30p Run Strong Carol		
4:30-5:30p Regular Carol			4:30-5:30p Regular Carol		
6:00-7:00p Regular Carol	6:00-7:00p Regular Liane	5:30-6:00p Regular Carol	6:00-7:00p Core & Balance Liane		Shaded boxes = child care is available
6:30-7:30p Regular Jolene			6:00-7:00p Boxing Fitness Sarah <i>Starts 9/26</i>	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, powerful workout designed to strengthen and sculpt your backside, increase metabolic rate with high intensity intervals and improve cardiovascular fitness. While the booty is the focus, your core and upper body will not be left out. Progressions and regressions 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!

Core & Balance - A variety of core strengthening and balance exercises will be used to improve posture, strength, stability, balance and confidence.

Mighty Mamas - A safe, effective exercise program specifically designed to regain and improve your fitness post-pregnancy. We'll focus on strength training, conditioning and flexibility to improve your overall fitness. The small group setting will allow me to customize your workout with these changes common to new mothers: weakened pelvic floor causing incontinence and sexual dysfunction, hip, shoulder and low back pain and stiffness, or loss of core strength due to weakened abdominal wall muscles training variables.

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.

Mobility - Mobility is focused on moving joints through full range of motion with proper function and control. It is more than just stretching. We will use foam rollers, mobility balls, distraction bands, perform deep and dynamic stretches to achieve better joint health, develop proper movement patterns, and relieve muscle pain. If you struggle with lack of joint mobility, bad form during lifting, uneven sides, general bad posture, low back pain, or you keep getting set back due to injuries, this class is for you!

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.

Regular - A variety of equipment will be used during this combination of strength training, cardio and flexibility designed according to the individual's goals and abilities. This total body workout will have you leaving feeling energized. (Note: Part 1 is a full body workout, while Part 2 is a complementary workout to Part 1.)

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.

Strong - Prepare to perfect your form and hit PRs in this team training focused on progressively strengthening the 7 basic human movements squat, hinge, lunge, push, pull, rotation and gait utilizing barbells, dumbbells, kettlebells and the TRX. Participants will track their lifts, weights, and reps to empower their progressions and celebrate the wins.

TRX & Kettlebell - This session will focus on alternating TRX and Kettlebell movements for a total body workout. Everyone, from beginner to advanced, will benefit from increased stabilization and core activation. Performed as short interval circuits, participants can expect to learn and perfect their KB swings, deadlifts, TRX pushups and pikes just to name a few!

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!

