



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
	<b>5:30-6:30a</b> Regular Sarah		<b>5:30-6:30a</b> Regular Sarah		
	<b>6:30-7:00a</b> Regular Sarah		<b>6:30-7:30a</b> Regular Sarah	<b>6:30-7:30a</b> Regular Kaila	
	<b>7:00-8:00a</b> Regular Liane <i>Starts 1/7</i>		<b>8:00-8:30a</b> Regular Carol		
<b>9:00-10:00a</b> TRX & Balance Sam	<b>8:00-8:30a</b> Regular Part 1 Carol	<b>9:00-9:30a</b> Regular Carol	<b>9:00-10:00a</b> MRT Sarah		<b>8:00-9:00a</b> Regular Sarah
<b>9:30-10:30a</b> Pilates Equipment Alta <i>Starts 1/6</i>	<b>8:30-9:00a</b> Regular Part 2 Carol	<b>9:30-10:00a</b> Boxing Fitness Sarah	<b>9:30-10:30a</b> TRX & Kettlebell Sarah		<b>9:00-10:00a</b> Strength Intervals Sarah
<b>10:30-11:00a</b> Boxing Fitness Alta <i>Starts 1/6</i>	<b>9:00-10:00a</b> Regular Carol	<b>9:30-10:30a</b> Pilates Equipment Alta	<b>10:00-11:00a</b> Boxing Fitness Alta <i>Starts 1/2</i>		<b>10:00-10:30a</b> Flexibility Sarah
<b>11:00-11:30a</b> Regular Carol	<b>9:00-10:00a</b> Regular Sam	<b>10:00-11:00a</b> Mighty Mamas Gillian	<b>10:30-11:00a</b> Regular Carol		
<b>11:30a-12:00p</b> Regular Carol	<b>9:00-9:30a</b> MRT Sarah	<b>10:30-11:30a</b> Strong Alta	<b>11:00-11:30a</b> Treadmill Run Alta <i>Starts 1/2</i>		
<b>11:30a-12:30p</b> Strong Alta <i>Starts 1/6</i>	<b>9:00-10:00a</b> Pilates Alta		<b>11:00-12:00p</b> Posture & Balance Sam		
	<b>10:00-11:00a</b> Boxing Fitness Alta	<b>1:00-2:00p</b> Regular Gillian	<b>11:00-12:00p</b> Core Alta <i>Starts 1/2</i>		
<b>4:30-5:30p</b> Regular Carol	<b>10:00-11:00a</b> MRT Sarah		<b>3:30-4:30p</b> Run Strong Carol		
<b>5:30-6:30p</b> Regular Liane	<b>11:00-11:30a</b> Treadmill Run Alta <i>Starts 1/7</i>	<b>5:30-6:00p</b> Regular Carol	<b>4:30-5:30p</b> Regular Carol		<b>Shaded boxes = child care is available</b>
<b>6:00-7:00p</b> Regular Carol	<b>11:30a-12:00p</b> Core Alta <i>Starts 1/7</i>		<b>6:00-7:00p</b> Core & Balance Liane	<b>ONLY \$28/hour or \$14/half hour</b> You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	
<b>6:30-7:30p</b> Regular Liane	<b>6:00-7:00p</b> Regular Liane		<b>6:00-7:00p</b> Boxing Fitness Sarah		

# 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!

**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.

**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 an indoor strength workout. 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.

**Treadmill Run** - Treadmill Run - Running is the most popular exercise in the world and the most potent exercise to burn calories and lose weight, however, most people train wrong. We will utilize scientific and deeply inspirational group treadmill interval workouts to properly increase endurance, speed, aerobic power, and to find your runner's high. With the use of treadmills, everyone is given the opportunity to truly work at their own level as running is you vs you.

**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!

