



Group Training Schedule

May 1st – August 31st, 2010

*“Believe you can and you can. Think you will and you will.
See yourself achieving and you will achieve.”*

	Mon 5:15AM - 9:30PM	Tues 5:15AM - 9:30PM	Wed 5:15AM - 9:30PM	Thurs 5:15AM - 9:30PM	Fri 5:15AM - 8:30PM	Sat 7:00AM - 6:00PM	Sun 9:00AM - 6:00PM
5:30-6:25am	Adrenaline Cycle <i>Megan</i>	WOW 2 Women on Weights (Group Studio) <i>Carol</i>	Pilates <i>Krista</i>	Turbo Kick <i>Alta</i> 6:15-6:30am Core Conditioning <i>Alta</i>	Muscle n' Cardio Blast <i>Donita</i>		
6:30 – 7:30am	Yoga Strength (A,V) <i>Alissa</i>	Zumba <i>Tracie</i>	Step Cardio Blast <i>Laurie</i>	WOW 1 Women on Weights (Weight Room) <i>Kathy</i>			
7:45-8:45am	Light Step <i>Karle</i> 8:30-8:45am Pilates <i>Karle</i>	Yoga (K) <i>Lindsey</i>	WOW 2 Women on Weights (Group Studio) <i>Karle</i>	Yoga (H) <i>Jaime H.</i>	Indoor Cycling <i>Karle</i> 8:30-8:45am Core Conditioning <i>Karle</i>	Pure Energy Step <i>Megan</i>	
8:45-9:45am	Shaded classes = Child care available during this time.					Yoga Strength (A,V) <i>Megan</i>	
9:00-9:55am	Pure Energy Step <i>Mandy</i>	WOW 2 Women on Weights (Group Studio) <i>Laurie</i>	Yoga (V) <i>Alissa</i>	Step n' Strength <i>Laurie</i>	Nia™ <i>Siere</i>	9:45-10:45am Adrenaline Cycle <i>Jamie</i>	9:15-10:15am Step n' Strength <i>Mandy</i>
10:00-10:55am	Zumba <i>Candice</i>	10:00-10:30am Step 10:30-10:55am Strength <i>Mandy</i>	Nia™ <i>Siere</i>	Yoga (K, Y) <i>Jenna</i>	Step Cardio Blast <i>Sherri</i>	Nia™ <i>Siere</i>	10:15-11:15am Yoga (H,V) <i>Mandy</i>
11:00-12:00pm		Pilates <i>Krista</i>		WOW 1 Women on Weights (Weight Room) <i>Kathy</i>	Yoga Pilates Fusion <i>Sherri</i>	Zumba <i>Candice</i>	
12:00-1:00pm	Yoga Strength (V) <i>Kierstin</i>		Yoga (H) <i>Alissa</i>				
4:30-5:25pm	Step n' Strength <i>Erin</i>	Zumba <i>Tracie</i>	Bike n' Buff <i>Megan</i>	willPower & grace™ <i>Kierstin</i>		3:30-4:30pm M.E.L.T.™ <i>Sara</i>	Nia™ <i>Erin V.</i>
5:30-6:25pm	Nia™ <i>Siere</i>	Step n' Strength <i>Sherri</i>	Turbo Kick <i>Alta</i> 6:15-6:30pm Core Conditioning <i>Alta</i>	Belly Dancing <i>Alissa</i>	Zumba <i>Tracie</i>	*NOTE FOR SAT. MELT MAY 1 ST to MAY 22 ND Class is from 4:30 to 5:30	www.nwWomensFitness.com 503.287.0655
6:00-7:00pm	Adrenaline Cycle <i>Remy</i>	Cardio Room Blast <i>Remy</i> 6:45-7:00pm Core Conditioning (Weight Room) <i>Remy</i>	WOW 1 Women on Weights (Weight Room) <i>Carol</i>	Adrenaline Cycle <i>Jaya</i>			
6:30-7:25pm	WOW 2 Women on Weights (Group Studio) <i>Jamie</i>	Nia™ <i>Erin V.</i>	Zumba <i>Candice</i>	Step n' Strength <i>Erin</i>	Yoga (H) <i>Jaime H.</i>		
7:30-8:30pm	Classic Pilates <i>Krista</i>	Yoga for Runners (V,Y) <i>Kierstin</i>	M.E.L.T.™ <i>Sara</i>	Yoga (V, Y) <i>Erin</i>			
8:30-9:00pm	Evening Meditation <i>unsupervised</i>	Evening Meditation <i>unsupervised</i>	Evening Meditation <i>unsupervised</i>	Evening Meditation <i>unsupervised</i>	NOTE: All Group Training sessions are multi-level workouts and instructors will provide modifications depending on your current fitness level. Light programs will focus on a lighter intensity.		

Group Training Program	Class Descriptions	Fitness Goal
Indoor Cycling	Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize caloric burn by incorporating interval-based drills, visualization and effective coaching techniques. You'll have so much fun you'll forget how hard you're working. A great workout for those who would like to lose body fat or maintain a lean physique. Expect to burn 450 calories in 30 minutes & 600 calories in 40 minutes. Adrenaline Cycle will burn an incredible 900 calories in 60 minutes.	CV
Bike n' Buff	This format combines the low-impact cardiovascular fitness and maximal caloric burn of cycle and muscle conditioning using hand weights and barbells. This session will truly give you a full body workout!	CV M
Pure Energy Step	High on intensity and choreography, this fun results-oriented workout will challenge your agility and coordination. You'll have so much fun; you'll forget you are working out!	CV
Step n' Strength	Aerobic step training, high intensity intervals, and full body muscle conditioning – all packed into one energetic, results-oriented workout. A great session for those who would like to burn a ton of calories and develop a toned upper and lower physique.	CV M
Step Cardio Blast	Utilizing the step and various other cardio training tools, this workout will burn a ton of calories and get you in amazing shape! If your goal is to burn body fat, you don't want to miss this class!	CV
Cardio Room Blast	An invigorating workout on our cardiovascular machines led by a personal trainer that will include steady states, intervals, sprints, and hills. Add intensity, variety, and fun to your cardiovascular workout! Never get bored on the machines again!	CV
Muscle n' Cardio Blast	A muscle and cardio conditioning workout that utilizes full body movements and focuses on muscle endurance and strength to condition and tone your entire body and develop overall fitness. A high-calorie burner!	CV M
Turbo Kick	One of the hottest calorie burning workouts around! Self-defense moves, boxing, kicks, and dance moves are all perfectly choreographed to high energy and motivating music! All levels welcome!	CV
WOW 1 Women on Weights	A muscle conditioning circuit workout in the weight room. This session will train the upper and lower body utilizing weight machines, free weights, tubing, medicine balls, stability balls, gliding discs, BOSU trainers, and other training tools. This session will sculpt, tone, and develop muscle definition in your entire body. In addition, if you've ever felt a bit unsure how to use the equipment in the weight room, this class will teach you how to use equipment safely and effectively.	M
WOW 2 Women on Weights	A muscle conditioning session in the group fitness studio focused on training the entire upper and lower body utilizing heavy weights/barbells, hand weights, tubing, medicine balls, stability balls, Gliding Discs, BOSU Trainers and other training tools. This session will sculpt, tone and develop muscle definition in your entire body.	M
Core Conditioning	A muscle conditioning session designed to train the stabilizer muscles located around the abdominal region and the spine. This session maximizes optimum posture and stability, lowers the risk of injury and will help develop a strong, tight and toned mid-section. Medicine balls, stability balls, Gliding Discs, BOSU trainers and other training tools will be used.	M
willPower & grace™	A total body sculpting class performed barefoot with fusions of yoga, pilates, dance and calisthenics. This class utilizes your own body requiring no equipment and is best performed barefoot to develop lower body stabilization and prevent injury. Build your inner and outer strength with an easy-to-follow program for students of all levels.	M CV F
Zumba	Zumba is a fun, energizing, dance-fitness fusion that will get your booty shaking like never before! International, pulsating rhythms ignite dynamic, easy-to-follow movements inspired by salsa, meringue, hip hop, belly dancing, and more! Zumba's interval format creates an invigorating workout that burns fat and tones your body from head to toe... all while you joyfully flaunt your fabulous self!	CV
Belly Dancing	Learn the age-old art of Belly Dance in this beginner dance-based workout. This class will teach you basic moves from body isolations to undulations and a bit of choreography. You may be surprised to find abdominal muscles you didn't know you had! Come join us for this fun class and express the divine feminine within!	CV M F
Nia™ (neeah)	A hybrid session of dance, martial arts and mind/body/spirit programs that creates a joyful, high-powered workout that will change the way you feel about exercise. A fabulous workout that will condition your cardiovascular system, develop muscle tone and leave you feeling empowered.	CV F
M.E.L.T.™	(Myofascial Energetic Length Technique) Erase your body's pain and tension brought on by everyday stress, overuse, and age. This class will utilize foam rollers to rehydrate and reactivate your body's connective tissue. You will improve the length and space in your joints. Your body will feel balanced and aligned. You will walk out of class feeling relaxed and see instant results!	F
Pilates	Introduce yourself to the benefits of Pilates which include strong and toned abdominals, low back, hips and thighs, improved flexibility, better postural alignment, core conditioning, muscle endurance, long and lean muscles, improved balance, enhanced relaxation and stress relief. To obtain these results, we use your body weight and floor work and will sometimes incorporate other tools including stability balls, BOSU trainers, tubes, small balls, gliding disks, and foam rollers.	M F
Yoga	A 3000 year-old art of movement and meditation. This program incorporates various multi-level poses and stretches. Don't worry – no high-risk movements will be taught. Introduce yourself to the benefits of yoga, including improved flexibility, muscle endurance, long and lean muscles, improved balance, enhanced focus and stress release. Use the following guide to determine the focus of a yoga class: H-Hatha Flow, V-Vinyasa, A-Ashtanga, K-Kripalu, Y-Yin	M F
Yoga Strength	This athletic program incorporates various multi-level poses and stretches centered in a more challenging active Yoga practice. Ashtanga/Vinyasa disciplines. Note: Yoga for Runners offers a program that focuses on releasing the tight areas and strengthening the weak areas in runners and other athletes.	M F
Yoga Pilates Fusion	A hybrid Yoga and Pilates program blending the benefits of two extremely popular disciplines. Enjoy the benefits of Yoga and Pilates which include improved flexibility, muscle strength and endurance, strong and toned abdominals, long and lean muscles, improved balance and enhanced relaxation and stress release.	M F
Evening Meditation	Experience incredible health benefits by slowing down your breath, quieting your mind & body and centering your thoughts. Find peace and balance in a quiet relaxing environment set to soft music amongst other women striving for the same sense of calm. This session will be unsupervised, we ask that you enter or exit quickly and quietly as not to disturb others meditative state.	

Cardiovascular Conditioning (CV) - These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must to burn body fat. Heart rate monitors are available to ensure you are in the correct training zone based on your goals.

Muscle Conditioning (M) - These types of sessions are absolutely critical for so many reasons. First, the best physiologists in the world are reporting that muscle conditioning is the most important component for reversing the aging process. By regularly participating in these sessions you will maintain muscle mass, develop your strength, improve your muscle tones and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! Muscle conditioning programs are the fastest way to change your body shape. You should incorporate three muscle conditioning workouts into your schedule each week. Avoid training the same body part two days in a row.

Mind/Body Fitness and Flexibility (F) - If you want to avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable, these sessions are perfect for you.

For maximum fitness potential, you should avoid doing too much of any one program and instead choose a variety of programs. Ensure you have enough variety and balance in your program without overdoing any one area.

In order to take full advantage of a proper warm-up and cool down and so as to not disturb your fellow workout buddies we ask that you arrive on time, secure your space and equipment and stay until the end of all classes. If you are running late or absolutely need to leave early, we ask that you enter or exit quickly and quietly. Please understand that entering or leaving a class during a meditative segment can be disruptive to the other exercisers.

To allow your instructor to guide you appropriately through each workout, please advise them if you are a beginner, pregnant, have high blood pressure or any other medical condition, injury, or pain that may affect your ability to perform certain movements.

Instructors may change based on availability.

YOGA CLASS DESCRIPTIONS

Please note our yoga teachers try to keep the group studio about 72°F for ease of movement and to protect from injury for all participants.

ASHTANGA

Ashtanga, is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding because of the constant movement from one pose to the next.

HATHA

Hatha is a very general term that can encompass many of the physical types of yoga. These yoga classes are slow-paced and gentle to provide a good introduction to the basic yoga poses.

KRIPALU

Kripalu is a yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life. Kripalu also focuses on looking inward and moving at your own pace.

VINYASA

Like Hatha, Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath. A Vinyasa class will typically start with a number of Sun Salutations to warm up the body for more intense stretching that is done at the end of class.

YIN

Yin yoga is a series of passive postures that are held for longer periods of time up to five minutes in a gentle way. The focus is to safely reach the deeper connective tissues and joint spaces of the low back, hips, waist, and legs in a way that you would never get to doing regular yoga practice. This increases the ease of movement and range of motion in these areas and can be therapeutic.

We highly encourage you to fill out a comment card at the front desk regarding any class, instructor or substitute instructor. Our goal is to bring you the best, world-class group instruction. We value your feedback!