

# Group Training Schedule

May 1<sup>st</sup> – September 5<sup>th</sup>, 2010

	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-6:30am	Adrenaline Cycle Kara	Muscle Tone & Sculpt Leah	Yoga/Pilates Fusion Jenna	Bike n' Row Ted	Indoors/Outdoors Best Body Bootcamp Kara	8:00-9:00am Bike n' Row Jenna
6:30-7:30am	Indoors/Outdoors Best Body Bootcamp Jenna	Bike n' Row Kara	Muscle Tone & Sculpt Leah	Indoor Cycling Kara	Yoga/Pilates Fusion Derrick	9:00-10:00 Muscle n' Sculpt Jenna
				7:10 Core Conditioning Kara		
9:00-10:00am	Indoor Rowing Kristin	Indoors/Outdoors Best Body Bootcamp Jenna	Yoga/Pilates Fusion Derrick	Muscle Tone & Sculpt Leah	Indoor Cycling Derrick	10:00-11:00 Yoga for Runners Derrick
	9:40 Yoga Kristin				9:40 Core Conditioning Derrick	
12:00-1:00pm	Indoors/Outdoors Best Body Bootcamp Sherri	Bike n' Row Ted	Muscle & Cardio Blast Leah	Indoor Cycling Derrick	Zumba™ Jennifer	
				12:40 Core Conditioning Derrick		
4:00-5:00pm Junior Clients	Junior Rowing Jenna	Indoors/Outdoors Junior Bootcamp Ted	Junior Yoga/Pilates Jenna	Junior Hip Hop Jenna	PASS (Power, Agility, Strength & Speed) Ted	
5:30-6:30pm	Bike n' Row Ted	Indoors/Outdoors Best Body Bootcamp Kristin	Indoor Cycling Ted	Cardio Kickboxing Drills & Circuits Jenna	Yoga/Pilates Fusion Kristin	
			6:10 Core Conditioning Ted			
6:30-7:30pm	Indoors/Outdoors Best Body Bootcamp Jenna	Zumba™/ Hip Hop Jenna	Beach Volleyball at Frenchmans Bar (weather permitting)	MELT Sara		

Please circle the sessions you would like to enroll in. (Please only sign up for the sessions you know you will attend regularly.) Please keep a copy of your new schedule or transfer to your day-planner so you know when you're supposed to be here! ☛

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Guidelines:

- If you stay in the same time slot, your overall program will be very balanced. When you begin to switch time slots, you will need to ensure you've got enough variety and balance in your program without overdoing it in any one area. Scheduled trainers may change based on availability
- If you have any questions, contact us at 360-574-7292.

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Group Training Program	Description	Fitness Goal
<b>Indoor Cycling / Adrenaline Cycle</b>	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
<b>Bike n' Row</b>	This format combines the low-impact cardiovascular fitness and maximal caloric burn of cycle and the full body muscle conditioning and cardiovascular benefits of Indoor Rowing. This session offers an incredible overall workout and will burn between 600 and 900 calories.	CV
<b>Muscle n' Cardio Blast</b>	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
<b>Cardio Kickboxing Drills &amp; Circuits</b>	Punching, kicking, skipping, muscle conditioning and more. Not only is this workout a blast but it's a great way to lose body fat, tone your muscles and get out all your aggression! Get ready to kick some booty!	CV M
<b>Best Body Bootcamp</b>	A muscle and cardio conditioning that will burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness. It's a blast! Low-impact movements will be offered as alternatives to any high impact movements. This session is an outdoors format but will take place indoors in the event of poor weather	CV M
<b>Muscle Tone &amp; Sculpt</b>	A muscle conditioning session studio focused on training the entire upper and lower body utilizing heavy weights/barbells, hand weights, Kettlebells, 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
<b>Zumba</b>	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
<b>Hip Hop</b>	Urban, street Hip Hop is highly energetic, funky and a lot of fun to learn. Remember dancing keeps you young! Our adult and kids classes are designed for all levels and no prior experience is required. Additional Fee.	CV
<b>Core Conditioning</b>	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
<b>MELT</b>	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.	CV M
<b>Yoga Pilates Fusion</b>	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. 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
<b>Junior Training Programs</b>	Our goal is to provide an opportunity for kids to learn to love to move their bodies and introduce them to a variety of different workout formats. Let's start them off young! It is a gift to your kids that will last their entire lifetime! Ideal ages between 8-16 years. Programs include Bootcamp, Rowing, Yoga, Hip Hop & Sports Specific Training.	CV M F

**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 for those of you wanting 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 from 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, secure your space and equipment, and so as to not disturb your fellow workout buddies, we ask that you arrive on time 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 trainer 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.

\_ Trainers may change based on availability.