# NWPT STRONG

$99 FOR 4 WEEKS

nwPersonalTraining.com  *  info@nwPersonalTraining.com
DETAILS:

* This 4-week Virtual program is $99. The virtual program is included in our Current Gold Group Training memberships. The cost is per household. Punch cards unfortunately don’t work for this program, so you’ll need to purchase the $99 unlimited option and use your Punch cards once we are re-opened. Follow along and workout with your families! It will keep you physically and mentally tough and help relieve some stress! It will be your kids PE class! Email us at info@nwpersonalltraining.com to register.

* Once you register for our Virtual Group Training program, you will be invited to our Private Virtual Class Facebook group.

* You can participate live at the specified time slot or the class will be saved and you can participate at a time that is more convenient for you. If you find a favorite trainer/class, feel free to go back to that favorite class over and over again!

CLASS DESCRIPTIONS:

- **Adrenaline Cycle:** 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. A great workout for those who would like to lose body fat or maintain a lean physique. Expect to burn an incredible 600-800 calories in 60 minutes. Interval Cycle will focus more on speed and high intensity intervals and Adrenaline Cycle will focus on endurance.

- **Indoor Cycling & Core:** Thirty minutes of interval cycling drills followed by Core Conditioning

- **Cardio Kick Boxing:** Get your heart rate up and burn some calories with boxing drills, combinations, and movements to music. Punch, kick, relieve some stress and have fun while getting a great workout.

- **Rowing:** Intervals & drills on the rower utilizing your full body to work your heart, lungs & muscles.

- **Cardio & Muscle Blast:** Combination of strength and cardiovascular exercises for a total body workout.

- **Bootcamp:** Free for all – anything goes with this class. Be prepared to move, jump, and burn lots of calories!

- **Fitness Barre:** Experience the benefits of this demanding workout that blends balance, endurance, stretch and strength at the Barre and on the Mat. Using nothing but your body weight or light weights and lots of reps, you will build and improve power, grace and athleticism. This class is great for athletes that need cross training & anyone that wants to feel stronger and more stable in their bodies

- **Muscle Tone & Sculpt:** Tone and Sculpt your muscles while training the entire body utilizing tools that you have at home. This session will sculpt, tone and develop muscle definition in your entire body.

- **Youth Sports Conditioning:** Keep your youth athletes moving as we train their speed, agility, power, quickness and strength with an hour-long class of sport conditioning movements.

- **PE Class:** Kids stuck at home with no PE class? Give them a study-break to work their entire bodies and develop their physical strength, mental health and relieve some stress. Kids are going through a lot right now!

- **Upper Body:** 30-minute quick workout targeting your back, chest, shoulders and arms. Who is ready to get buffed and toned?

- **Booty Blast:** It’s all about the glutes! Work on building a stronger and functional booty!

- **Primal Movement:** Build strength, mobility, and better body awareness through the use of rocking, rolling crawling, hopping, jumping and more!

- **Balance Skills:** Your balance system is critical to your overall health. Perform a variety of different single leg and other balance exercises to help build a stronger foundation to improve overall movement through life.

- **Core & Mobility:** A muscle conditioning session designed to train the stabilizer muscles located around the abdominal region and the spine. This session maximizes optimal posture and stability, lowers the risk of injury and will help develop a strong, tight and toned mid-section. This will also include some mobility work to keep you moving better and feeling your best!

- **Yoga Meditation:** Yoga flow movement ending in a solid ending of meditation to help calm your mind, reduce your stress levels and leave you feeling relaxed.

- **Yoga Sculpt:** Strengthen your entire body and erase your body’s tension with this Yoga Strength program. You will improve your flexibility, balance, enhance relaxation and release stress while improving total muscle conditioning. Yoga Strength will focus on more challenging poses and intense holds.

- **Foam Rolling:** Restore, repair and prepare for your next workout with a solid 30 minutes of rolling out your muscles to break up your bound-up muscle tissue to help you recover quickly and feel better.

- **Work from Home Energy Break:** Consider this recess at your desk. Take this 15-minute energy break to relieve tension, improve your posture and energize your body and re-focus your mind.

- **Training Exercises for Runners & Triathletes:** Focus on various exercises you can do as a runner and/or triathletes to improve your performance and reduce your risk for injury.

- **Combat Sports Conditioning:** A workout focusing on combat movements and athletic drills.