



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Group Fitness	Cardio / Core & More	Group Fitness	Cardio / Core & More		
7am		Women's Sculpt & Fat Burn		Women's Sculpt & Fat Burn	Group Fitness	
8am				Biggest Loser Weight Loss		
9am	Women's Conditioning Group		Women's Conditioning Group			Saturday Circuit
10am						Morning Weight Loss Circuit
11am		Group Strength & Conditioning		Group Strength & Conditioning		
12pm	Group Strength & Conditioning	Group Strength & Conditioning	Group Strength & Conditioning	Group Strength & Conditioning	Group Strength & Conditioning	
1pm						
2pm						
3pm						
4pm						
5pm	Women's Super Circuit		Women's Super Circuit	Biggest Loser Weight Loss		
6pm						
7pm						

Group Training Price List

Monthly Class Price List:

\$125	1x/wk for 1 month	\$100	per month for 3 months
\$195	2x/wk for 1 month	\$175	per month for 3 months
\$275	3x/wk for 1 month	\$250	per month for 3 months

Program Details & Extras:

- **\$15** will be added w/o Body Balance membership
- **\$65/hour** for Nutritional Coaching or Fitness Assessment Testing
- **\$30** for Body Fat Testing
- Use it or lose it policy
- Payment due at the beginning of each month

You receive a **10%** discount if you **pay in full** for 3 months with 2 or more classes/week!

Group Training Classes

Group Fitness Mon/Wed: 6am Fri: 7am Trainer: Jeff	This conditioning circuit will focus on exercises for strength, balance, flexibility and endurance. These calorie burning sessions are designed to strengthen your core, enhance your life & improve your overall health.
Cardio / Core & More Tues / Thurs: 6am Trainer: Jeff	A muscle, cardio and core conditioning workout that utilizes full body movement, for optimum calorie burning. You will increase your lean muscle and burn fat using medicine balls, kettle bells, dumbbells and much more.
Women's Sculpt & Fat Burn Tues / Thurs: 7am Trainer: Jeff	You will see results from this enthusiastic morning workout! Each creative routine uses everything from bosu balls to jumping jacks. It's the transformational experience you've been looking for and it will certainly keep you coming back for more.
Group Strength & Conditioning Mon / Wed / Fri: 12pm w/Damon Tues / Thurs: 11am w/ Damon Tues/Thurs: 12pm w/Pam	Get the ultimate metabolic effect for all fitness levels. This rapid fire workout will raise your metabolism and get results. GS&C combines cardio and free weights that prepares you for life. The workouts are scaled to meet you where you are physically, but challenge you to take it to the next level. It includes unbelievable calorie burning exercises.
Women's Conditioning Group Mon / Wed: 9:30am Trainer: Joan	Any fitness level is welcome - come improve core strength and posture as well as general health and wellness. This encouraging group will target strengthening your whole body, improve cardiovascular health & increase your metabolism and energy.
Biggest Loser Weight Loss Thurs: 8:30am Thurs: 5:30pm Trainer: Damon	For the beginner ...or not! Learn proper technique for cardio conditioning, muscle sculpting and toning. You will appreciate the benefits from this class when you increase your fat burning metabolism and get the results you've been waiting for.
Women's Super Circuit Mon/ Wed: 5:30pm Trainer: Pam	Expect results through this challenging, total body workout. All fitness levels will feel at home in this accommodating session. This class is packed with a variety of exercises using free weights, balls, bands, etc. to help you become the ultimate Superwoman.
Saturday Circuit Saturday: 9am Trainers: Andre' & Joan	You're invited to the party with this lively, energetic workout that's sure to get your weekend off to the right start. Come expecting to build muscle, strengthen your core, improve your cardio health, and have a great time doing it!
Morning Weight Loss Circuit Saturday: 10am Trainer: Bill	This training session alternates cardio, core and strength for all fitness levels. This is the ultimate circuit that will boost your metabolism and help you achieve your weight loss goals.

Program Details:

- All classes are prepaid monthly
- First class complementary (new clients only)
- 4 person minimum requirement per class
- Scheduled trainers may change based on availability

Class Editions:

- Body fat testing \$30
- Home/gym training schedule- prices vary
- Functional movement screening \$65/hr
- Nutritional coaching \$65/hr

Body Balance Personal Training
 Jeff Spurgeon, Owner

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 Studio hours: 6am-6:30pm; Mon-Thurs, Fri 6am-5:30pm
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