

Group Training Classes

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 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 medicine balls to jumping jacks. It's the transformational experience you've been looking for and it will certainly keep you coming back for more.
Circuit + Fitness Stretch Tues: 6pm Trainer: Joan	This jam packed core conditioning session which helps maximize your optimum posture & stability. Bosu-balls, stability balls, glider bands & much more are used to engage you in an efficient full body workout. Plus an extra 1/2 hour of Fitness Stretch (see description below).
Full Body Conditioning Circuit Mon/Fri: 6am Thurs: 6:45pm Trainer: Andre'	A muscle conditioning session focused on training the entire upper/lower body with heavy/light weights. You'll burn fat while utilizing stability balls, Bosu-trainers, medicine balls & other training tools. This session will provide toning, sculpting & muscle definition for your entire body.
Metabolic Muscle Cardio Blast Mon / Wed / Fri: Noon Tues / Thurs: 11am & 2pm Trainer: Damon	Get the ultimate metabolic effect for all fitness levels. This rapid fire workout will raise your metabolism and get results. MMCB 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: 10am 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.
Fitness Stretch Mon/Wed: 11:15 Trainer: Joan	This class flows through postures designed to stretch your entire body, strengthen your core, and work on your balance. Excellent workout on its own or add it to your current workout schedule and or walking/running routine.
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: Andre'	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

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Full Body Conditioning Circuit	Cardio / Core & More		Cardio / Core & More	Full Body Conditioning Circuit	
7am		Women's Sculpt & Fat Burn		Women's Sculpt & Fat Burn		
8am						
9am				Biggest Loser Weight Loss		Saturday Circuit
10am	Women's Conditioning Group		Women's Conditioning Group			Morning Weight Loss Circuit
11am	11:15am Fitness Stretch	Metabolic Muscle Cardio Blast	11:15am Fitness Stretch	Metabolic Muscle Cardio Blast		
12pm	Metabolic Muscle Cardio Blast		Metabolic Muscle Cardio Blast		Metabolic Muscle Cardio Blast	
1pm						
2pm		Metabolic Muscle Cardio Blast		Metabolic Muscle Cardio Blast		
3pm						
4pm						
5pm						
6pm	Women's Super Circuit		Women's Super Circuit	Biggest Loser Weight Loss		
7pm		Circuit + Fitness Stretch		6:45pm Full Body Conditioning Circuit		

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 loose 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!