

Current Semi-Private Classes

Boomer Bootcamp Blast -

Challenge your current fitness level through fun/energizing movements, via free weights, BOSU and stability balls and step benches. Each exercise is modified/alterd to work each class participant's health/fitness level. The hour will breeze by leaving you feeling accomplished & strong, while burning an incredible amount of calories. Suitable for most fitness levels.

Dynamic Pilates - Body/Mind focus on movement and body form, to perfect your balance of energy and control. Core strengthening & muscle lengthening provide benefits such as decreased lower back, hip & knee pain, along with improved posture. Suitable for all fitness levels.

Flexibility/Strength Fusion - Via flex bands, free weights & stability balls, exercise emphasis is on "effective form" while building muscle strength and increasing overall body balance and flexibility. Results include enhanced overall body strength, increased endurance, and greater bone density. Suitable for all fitness levels.

Strength Training Pilates - While the focus is on specific Pilates movements, free weights, BOSU & stability balls and flex bands move you through this full-body muscular strengthening class. CORE stability and enhanced upper body and leg strength/flexibility are benefits, which aid in the prevention of neck and back pain. Suitable for all fitness levels.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dynamic Pilates 7:30a-8:30a			Strength Training Pilates 7:30a-8:30a		Boomer Bootcamp Blast 8:15a - 9:15a
					Dynamic Pilates 11a - Noon
Flexibility/ Strength Fusion 5:45p	Dynamic Pilates 6p - 7p	Flexibility/ Strength Fusion 5:45p	Boomer Bootcamp Blast 5:45p - 6:45p		
Dynamic Pilates 7p - 8p		Dynamic Pilates 7p - 8p			
					Class schedule subject to change



Baby Boomer Fitness Solutions (BBFS) offers private sessions, as well as 10 semi-private classes for adults of every age, every fitness level, and every busy schedule. BBFS specializes in creating/modifying exercise routines, even in class situations, that create a feeling of success for each participant. Since the class size is limited to a small number of participants, everyone is guaranteed individual attention during their workout. Each class focuses on Strength Development, Flexibility Enhancement, and Core Strengthening, to create higher levels of fitness and injury prevention.

Group Class Pricing Options

\$20 per individual session
 10 Session Punch Card : \$160*
 *Card Expires within 3 months of purchase
 20 Session Punch Card : \$280**
 **Card Expires within 6 months of purchase
 Cash, Check and Credit Card accepted.

In an effort to provide the best workout environment for all participants, class size is limited. Please call 503-860-7178 to verify class availability.

Live life without limits!
 Call Baby Boomer
 Fitness Solutions
 today at 503.860.7178!

Baby Boomer Fitness Solutions

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