



# FITNESS • YOUTH CLASSES

Bellevue & Willows Road • January-February 2012

## SUNDAY

3:00-7:00 p.m.  
**Super Fun Sundays**  
Ages 3 & up with Parents  
Aquatics Center Pavilion  
*FREE!*

## MONDAY

10:15-10:45 a.m.  
**Kids Gymnastics**  
Ages 2.5-3  
Discovery Bay  
*Enrollment*

11:00-11:30 a.m.  
**Kids Gymnastics**  
18 months-2.5 years  
Discovery Bay  
*Enrollment*

4:00-5:00 p.m.  
**Junior Equipment Orientation**  
*(required before using Fitness Center)*  
Ages 12-16  
Fitness Specialist  
FC Concierge Desk  
*Enrollment*

4:30-5:25 p.m.  
**Junior Karate**  
Ages 5-10  
Brent  
Studio B  
*Enrollment*

5:30-6:25 p.m.  
**Kid Fit**  
Ages 6-12  
Shain  
Willows Road  
*Access Pass Package*

## TUESDAY

4:00-5:00 p.m.  
**Junior Equipment Orientation**  
*(required before using Fitness Center)*  
Ages 8-11  
Fitness Specialist  
FC Concierge Desk  
*Enrollment*

4:15-5:25 p.m.  
**Youth Athletic Training**  
Ages 12-18  
AJ S.  
Willows Road  
*Enrollment*

## WEDNESDAY

10:15-10:45 a.m.  
**Kids Gymnastics**  
Ages 2.5-3  
Discovery Bay  
*Enrollment*

11:00-11:30 a.m.  
**Kids Gymnastics**  
18 months-2.5 years  
Discovery Bay  
*Enrollment*

5:30-6:25 p.m.  
**Kid Fit**  
Ages 6-12  
Shain  
Willows Road  
*Access Pass Package*

## THURSDAY

Open enrollment begins December 1<sup>st</sup>

4:15-5:25 p.m.  
**Youth Athletic Training**  
Ages 12-18  
AJ S.  
Willows Road  
*Enrollment*

## FRIDAY

11:00-11:30 a.m.  
**Kids Gymnastics**  
18 months-2.5 years  
Discovery Bay  
*Enrollment*

12:15-1:00 p.m.  
**Kids Gymnastics**  
Ages 3-4  
Discovery Bay  
*Enrollment*

4:30-6:30 p.m.  
**Laser Tag**  
Ages 5 & up  
Indoor Soccer Arena  
*Enrollment*

6:30-8:00 p.m.  
**Laser Tag**  
Ages 12 & up  
Indoor Soccer Arena  
*Enrollment*

## SATURDAY

8:30-9:25 a.m.  
**Junior Karate**  
Ages 5-10  
Brent  
Studio B  
*Enrollment*

10-10:55 a.m.  
**Kid Gym**  
Ages 6-12  
Performance Coach  
Willows Road  
*Access Pass Package*

1:00-2:00 p.m.  
**Junior Equipment Orientation**  
*(required before using Fitness Center)*  
Ages 8-16  
Fitness Specialist  
FC Concierge Desk  
*Enrollment*

4:30-9:00 p.m.  
**Family Fun Night**  
Ages 3-12 with Parents  
Aquatics Center Pavilion  
*FREE!*


*If the minimum attendance is not met for a consecutive four weeks in any class it may be cancelled. We appreciate your understanding. Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available.*

**Register prior to first day of class at the Concierge Desk or call (425) 885-5566.**

**PRO Sports Club**

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Updated: 11/24/2011

## DISCOVERY BAY

**Kids Gymnastics** (Ages 18 months-4 years)   
 A super fun, action-packed class that offers a variety of fitness games and activities to improve endurance, strength, speed, and hand-eye coordination.

### **Ages 18 months-2.5 years**

M, 11-11:30 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/9/12-4/16/12 32117  
 W, 11-11:30 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/11/12-4/18/12 32118  
 F, 11-11:30 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/6/12-4/13/12 32116

### **Ages 2.5-3 years**

M, 10:15-10:45 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/9/12-4/16/12 169115  
 W, 10:15-10:45 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/11/12-4/18/12 169116

### **Ages 3-4 years**

TH, 10:15-11 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/12/12-4/19/12 170122  
 TH, 11-11:45 a.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/12/12-4/19/12 170123  
 F, 12:15-1 p.m. \$170 (M), \$204 (NMCM), \$290 (NM)  
 1/6/12-4/13/12 170121

## FITNESS CENTER

### **Junior Equipment Orientation** (Ages 8-16)

*Parent must be present with children ages 8-11.*

For safety and comfort, juniors are required to attend an orientation prior to using the facilities and receive basic program design guidelines. Come dressed for exercising.

Ages 8-11 T, 4-5 p.m. FREE!  
 Ages 8-16 SAT, 1-2 p.m. FREE!  
 Ages 12-16 M, 4-5 p.m. FREE!

## GROUP FITNESS

### **Junior Karate** (Ages 5-10)

*Want to try a class? Drop-in for \$10, one-time only. No drop-in 2/18 & 2/20 due to recognition day.*

Safety, awareness, and basic skills for youth at all ability levels, developing a strong self-image and positive attitude.

M, 4:30-5:25 p.m. \$90 (M), \$108 (NMCM), \$180 (NM)  
 January 2-February 27 62128  
 SAT, 8:30-9:25 a.m. \$80 (M), \$96 (NMCM), \$160 (NM)  
 January 7-February 25 62129

## CLASS ETIQUETTE & STUDIO POLICIES

**In consideration and safety for all youth to participate and enjoy these classes:**

- Register prior to the first day of class.
- Late arrivals are welcome. However be mindful of other participants and make yourself comfortable in the back of the room.
- If departing class early, please exit as quietly as possible.
- If you have any injuries or need accommodation, please notify instructor prior to class.

## INDOOR SOCCER ARENA

### **Laser Tag** (5 and older)

Matches of two 8-player teams start every 10 minutes. Teams will be assigned before each match (unless teams of 8 or more players have registered together beforehand). Matches are held at our Indoor Soccer Arena located across the street from PRO Sports Club (4608 148<sup>th</sup> Ave. N.E., Redmond, WA).

F, 4:30-8:00 p.m. \$50 (M), \$75 (NMCM), \$100 (NM)  
 January 20-March 30 819100  
 F, 4:30-8:00 p.m. \$10 (M), \$15 (NMCM), \$20 (NM)  
 One Night Play

*Family Fun Time (Ages 5 and up): 4:30-6:30 p.m.  
 Teen Challenge (Ages 12 and up): 6:30-8:00 p.m.*

## WILLOWS ROAD

### **Youth Athletic Training** (Ages 12-18)

Train like the professionals and increase your power, speed, and agility. Gain sport specific strength and improve your stability. This class is designed specifically for high school and junior high athletes.

T/TH, 4:15-5:25 p.m. \$135 (M), \$155 (NMCM), \$175 (NM)  
 January 3-31 715112  
 T/TH, 4:15-5:25 p.m. \$120 (M), \$140 (NMCM), \$160 (NM)  
 February 2-28 715113

### **Kid Fit** (Ages 6-12)

30 minutes of dynamic exercise followed by 30 minutes of games like Microsoft Kinect, ping pong, Twister, relay races, tug-of-war, three legged races, and more. Make friends, have fun, and get Kid Fit!

M, W, 5:30-6:25 p.m. (no class 1/2) Access Pass Package

### **Kid Gym** (Ages 6-12)

Kids just want to be kids! Let them run wild in this 55-minute fitness class which includes a dynamic warm up, running, tumbling, agility, and strength training.

SAT, 10-10:55 a.m. Access Pass Package

#### ACCESS PASS PACKAGES

Sessions	Rate	Expiration
1	\$9.00	30 days
5	\$40.00	60 days
10	\$60.00	90 days
1 month unlimited	\$75.00	30 days

Prices do not include tax. All packages are guaranteed. We recommend those who attend class 1-2 days per week purchase a 5 or 10 session package and those who attend class 3-5 days per week purchase an "Unlimited Package". Access Pass Packages can be used for all Access Pass Classes.

- Silence your cell phone before entering class.
- Please lower your voice while class is in session and be respectful of those around you.
- Only non-marking, closed-toed athletic shoes permitted.