

CLASS DESCRIPTIONS

ENROLLMENT CLASSES

Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available. If minimum enrollment is not fulfilled by the 7th of each month, class will be cancelled.

Adult Karate (Ages 11 and older)

Want to try a class? Drop-in for \$15, one-time only. No drop-in 4/21 due to recognition day.
Karate not only strengthens and conditions the body, but also helps fine-tune your coordination, control, flexibility, and balance to help you in all sports and activities. Classes are taught by Sensei Brent Hartwig, a sixth-degree (Rokudan) black belt with over 40 years of experience, whose primary style is Goju-Ryu karate.

SAT 9:30-10:25 a.m. May 5-June 30 \$135 (M), \$162 (NMCM) **552113**
Class will be relocated to Discovery Bay on June 30 due to floor refinishing.

Boot Camp Blitz No drop-ins.

Get prepared to transform your fitness level in this 70-minute body blast which includes high intensity body weight exercises focused on developing core strength and stability, calisthenics to get your heart racing, and resistance training to increase your muscle endurance. Get ready for a new you!

T/TH 5:45-6:55 a.m. May 1-31 \$69 (M) **844107**
June 5-28 \$55 (M) **844106**

Extreme Body Makeover No drop-ins.

Ready for a new you? Cardio, strength, flexibility, and core training will extremely transform your body! Body composition and measurements will track your progress. (Be hydrated and have no caffeine, no alcohol, and no exercise within 12 hours of first class for testing).

W/F 7:30-8:40 a.m. May \$58.50 **60245**
June (no class 6/29) \$58.50 **60242**
M/W 9:15-10:25 a.m. ~~May \$52 **60243**~~
~~June \$52 **60240**~~
T/TH 5:45-6:55 p.m. May \$65 **60244**
June \$52 **60241**

Junior Karate (Ages 5-10)

Want to try a class? Drop-in for \$10, one-time only. No drop-in 4/21 & 4/23 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. May 7-June 25 (no class 5/28) **62132**
\$70 (M), \$84 (NMCM), \$140 (NM)

SAT 8:30-9:25 a.m. May 5-June 30 **62133**
\$90 (M), \$108 (NMCM), \$180 (NM)
Class will be relocated to Discovery Bay on June 30 due to floor refinishing.

Mountain Conditioning No drop-ins.

Guaranteed to wake you up and get you ready to work out in the wild! Muscular strength and endurance, stability, and cardio rolled into an ever-changing, fast-paced format.

T/TH 5:30-6:55 a.m. May 1-31 \$75 **65132**
June 5-28 \$60 **65133**

Pilates Reformer No drop-ins.

Gain total body strength and flexibility while working from the core on the Reformer. The Pilates Perfect Start appointment is required prior to enrolling in this session.

F 9:30-10:25 a.m. May 4-25 \$76 **578130**
June 1-29 (no class 6/29) \$95 **578129**

PRObarre No drop-ins.

An energetic class for total body conditioning that combines the toning benefits of yoga, Pilates, and dance to strengthen and lengthen the body, helping you feel and look younger! No yoga, Pilates, or dance experience necessary.

M/W 9:15-10:10 a.m. May 2-30 (no class 5/28) \$64 **727125**
June 4-27 \$64 **727129**
T/TH 7:05-8 p.m. May 1-31 \$80 **727126**
June 5-28 \$64 **727130**

SYMBOLS

- = **Strength Training:** uses dumbbells, body bars, flex-bands, medicine balls, or springs
- = **Cardiovascular Fitness**
- = **Mind and Body**
- = **Body Weight Training:** uses your own body weight as resistance
- = **Includes agility or sport-like movements**
- = **Concentrates on core muscles and body stabilization**
- = **Flexibility and Stretching**

CLASS ETIQUETTE & STUDIO POLICIES

In consideration and safety for all members to participate and enjoy Group Fitness classes.

- 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.
- Silence your cell phone before entering any Group Fitness Studio.
- Please lower your voice while class is in session and be respectful of those around you.
- If you wish to modify the choreography, please do so at the back of the class to avoid distracting those following the instructor.
- Only non-marking, closed-toed athletic shoes permitted on studio floor.

Schedule and/or instructors subject to change without notice.

For more information please contact **Andi Wardinsky** at (425) 895-6578, awardinsky@proclub.com.

GROUP FITNESS

NEW!

NEW PRObarre!
Tuesday/Thursday, 7:05-8 PM



NEW!

BELLEVUE
May-June 2012

Group Fitness classes are for ages 14 and older (unless otherwise stated).

CHILDCARE

Childcare is available through **Discovery Bay**. Please arrange in advance by calling (425) 861-6247 or online at proclub.com.

DOWN-TO-EARTH YOGA WORKSHOP

May 20 or June 10
11 AM-1 PM, \$35

MEMORIAL DAY

Monday, May 28, 2012
Group Fitness schedule:

- Addicted to Step**
9-10:10 AM, Stephanie L.
- ZUMBA fitness**
10:30-11:25 AM, Shannon G.
- Performance Cycling**
9:15-10:10 AM, Janelle V.

All other classes cancelled.

FLOOR REFINISHING

No class in **Studio A** or **Studio B** on **June 29-July 8** due to floor refinishing.

proclub.com



For more information, please contact **Andi Wardinsky**
at (425) 895-6578, awardinsky@proclub.com.



FREE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:55 Performance Cycling/ Race Day Josh F. Cycling Studio	6:30-7:25 Cardio Core Andy H. Studio A	6:00-6:55 Cycle Revolution Cody N. Cycling Studio	6:30-7:25 Cardio Core Andy H. Studio A	6:00-6:55 Cycle Revolution TBA Cycling Studio	
	6:00-7:10 CHISEL'D Janie S. Studio A	7:00-7:55 Cycle Revolution Janie S. Cycling Studio	6:00-7:10 CHISEL'D Janie S. Studio A	7:00-7:55 Power RPM's Stacy D. Cycling Studio		
	8:00-8:55 Feel Good Cardio Sculpt Karen R. Studio A		8:00-8:55 Feel Good Cardio Sculpt Karen R. Studio A		8:00-8:55 Feel Good Cardio Sculpt Karen R. Studio A	
9:00-9:55 Power RPM's Raj V. Cycling Studio	9:00-10:10 Addicted to Step Stephanie L. Studio A	9:00-10:10 Step Circuit Stacy D. Studio A	9:15-10:10 Ultimate Cardio Kickbox Christina H. Studio A	9:00-10:10 Step Circuit Stacy D. Studio A	9:00-10:10 Addicted to Step Stephanie L. Studio A	9:00-9:55 Cycle Revolution Janie S. Cycling Studio
9:00-10:10 So You Think You Can Step? Andy H. Studio A	9:15-10:10 Performance Cycling Carol B. Cycling Studio		9:15-10:10 Performance Cycling Janelle V. Cycling Studio		9:15-10:10 Performance Cycling Janelle V. Cycling Studio	9:00-10:10 High-Energy Step Caroline F. Studio A
	12:00-12:55 Cycle Revolution Janelle V. Cycling Studio	12:00-12:55 Cycle Revolution Buzz A. Cycling Studio	12:00-12:55 Cycle Revolution Janelle V. Cycling Studio	12:00-12:55 Cycle Revolution TBA Cycling Studio	12:00-12:55 Cycle Revolution Buzz A. Cycling Studio	
	12:00-12:55 CHISEL'D Caroline F. Studio A	12:00-12:55 Below the Belt Dawni-Rae S. Studio A	12:00-12:55 CHISEL'D Jackie M. Studio A	12:00-12:55 Below the Belt Dawni-Rae S. Studio A	12:00-12:55 Below the Belt Dawni-Rae S. Studio A	
	1:00-1:25 Amazing Abs Christina H. Studio A	1:00-1:25 S-T-R-E-T-C-H Faith S. Studio A	1:00-1:25 Amazing Abs Christina H. Studio A	1:00-1:25 S-T-R-E-T-C-H Faith S. Studio A	1:00-1:25 S-T-R-E-T-C-H Faith S. Studio A	
	5:00-5:25 Amazing Abs Dawni-Rae S. Studio A		5:00-5:25 Amazing Abs Adia C. Studio A		5:00-5:25 Amazing Abs Adia C. Studio A	
	5:30-6:25 Kickbox BLAST! Dawni-Rae S. Studio A	5:30-6:25 6-Pack Workout TBA Studio A	5:30-6:25 Cardio Core Caroline F. Studio A	5:30-6:25 Above the Belt Rachel F. Studio A	5:30-6:25 6-Pack Workout Adia C. Studio A	
	6:00-6:55 Performance Cycling Janelle V. Cycling Studio	6:30-7:25 Power RPM's Dave W. Cycling Studio	6:00-6:55 Cycle Revolution Heather Y. Cycling Studio	6:30-7:25 Power RPM's Dave W. Cycling Studio	5:30-6:45 ZUMBA® fitness Derik K. Pavilion	
	6:30-7:25 High-Energy Step Sei M. Studio A	6:30-7:25 Below the Belt Staci S. Studio A	6:30-7:25 Step Interval Stephanie L. Studio A	6:30-7:25 Kickbox BLAST! Terry M. Studio A	5:45-6:40 Burlesque Workout Megan A. Yoga Studio	
	7:30-8:25 Step 101 Laurie R. Studio A	7:30-8:40 CHISEL'D Adia C. Studio A	7:30-8:25 Step 101 Laurie R. Studio A	7:30-8:40 CHISEL'D Adia C. Studio A	5:45-6:40 TRX Total Body Staci S. Studio B	

No class in Studio A or Studio B on June 29 and 30 due to floor refinishing.

No sign up required. Come and enjoy!

CLASS DESCRIPTIONS

FREE CLASSES

6-Pack Workout (no class 6/29)

Be the envy of your friends with well-defined abs! Experience an intense workout concentrating on that troublesome 6-Pack area. You are guaranteed to feel the burn even during challenging cardio intervals!

Above the Belt

Looking to be armed and dangerous? Challenge yourself with serious strength training for the upper extremity.

Addicted to Step (no class 6/29)

Combine the best of both intermediate to advanced level step choreography and high intensity athletic intervals to give you one energy-packed, results-driven workout.

Amazing Abs (no class 5/28)

Blast your core with this intense 25-minute class focused on strengthening your abdominals and lower back.

BabyRobics

A fun, low-impact, cardio and strength workout for new moms or dads and baby. We recommend babies be carried in a front pack such as Baby Bjorn or Snuggli not to exceed size/weight limitation. Prenatal and postpartum members also welcome to attend with or without baby.

Below the Belt

Increase dynamic strength and flexibility through extreme lower body training and core work...need we say more?

Cardio Core

When heart-pumping cardio meets hard core strengthening. Think great fitness, lean muscles, buff abs, and better posture. Think cardio core!

CHISEL'D (no class 5/28)

No frills, no fancy choreography. Just serious strength training using small equipment and your own body weight.

Feel Good Cardio Sculpt (no class 5/28, 6/29)

Mix high-energy yet low-impact moves on the floor and step. Strength training, balance and core work finish this total body workout to leave you feeling good!

Friday Club Nights: Burlesque Workout

Spice up your Friday Club Nights and exercise your inner diva with a fabulous, fun, and flirty workout for the sexy at heart! Feel confident while exploring exotic dance blended with fitness elements for an exhilarating total body workout. WOMEN ONLY. Please come dressed in fitness attire and athletic shoes.

High-Energy Step (no class 5/28, 6/30)

High-impact and high-energy step! Power cardio intervals and strength training you will leave feeling fit and strong.

Kickbox BLAST! (no class 5/28, 6/30)

Challenge yourself and have a BLAST with cardio kickboxing drills and skills!

So You Think You Can Step?

70 minutes of high energy fun with challenging step choreography. Dance around the bench for an intense cardio workout that's so fun, you'll forget you're burning calories!

Step 101 (no class 5/28)

New to Step and the idea of choreography? Get a great workout while learning basic step patterns and intervals. Complete your cardio with strength training and core work all in 55 minutes!

Step Circuit

Like step choreography and the total body workout circuit training gives you? Experience the best of both in this high-energy class!

Step Interval

Try this fast-paced Step class complete with challenging athletic intervals to make sure your heart rate stays elevated. Finish with strength training and core for a total body workout.

S-T-R-E-T-C-H

If you won't stretch on your own, join us and complement your workout with this 25-minute class to regenerate your muscles and gain overall flexibility!

Ultimate Cardio Kickbox

Test yourself with this ultimate cardio workout - kickboxing drills and skills will promise to increase your stamina and endurance!

Tour de PRO (Indoor Cycling)

First time attendees should arrive 15 minutes before class to be properly fitted. Heart Rate Monitors are highly encouraged. Pedal systems: Our bikes feature SPD and classic LOOK clipless pedals as well as cages for athletic shoes.

Cycle Revolution (no class 5/28)

Get ready for a vigorous and high-energy workout that simulates an actual outdoor ride. Great for recreational cyclists, fitness enthusiasts, or the serious racer.

Performance Cycling

Maximize your cycling performance and get the results you want! This challenging ride will motivate you to increase your speed, stamina, and strength on the bike.

Power RPM's

Experience motivating music while powering your way through specific cycling skills and drills that will translate to results on the road.

Race Day (no class 5/28)

Test your limits with two solid hours of extreme cycling that will incorporate speed intervals, hills, and muscle endurance work designed to challenge your endurance and stamina. Race day is the last Monday of the month and optional - members may come and go as they please during the two hours (5:30-7:30 a.m.)

CHISEL'D



Tour de PRO



Burlesque Workout



PRIVATE PILATES

The popularity of Pilates has been attributed to refining the body's appearance in ways you simply can't get through traditional cardiovascular and strength training formats. It's also the exercise choice of celebrities and elite athletes for creating core body strength, balance and control.

Pilates focuses on fluidity of movement and can be used to rehabilitate injuries or sharpen athletic performance. It's gentle on the joints and works the body in a more efficient manner. Pilates increases strength in the "core" of the body – the muscles in and around the area of the abdomen and spine. The benefits include: better posture, relief from back pain and joint stress, a flatter, more defined stomach, a toned, mobile and flexible body, a leaner, longer looking body.

PILATES PERFECT START

This introductory session includes a health profile, postural analysis, Pilates fundamentals, key principals to practice on your own, and recommended guidelines for further training. Prerequisite to Pilates Reformer classes. (Select instructors only. Limit one introductory session per member.) **\$35 (M)**

PILATES PERFECT START PACKAGE

Refine your body in our state-of-the-art studio with six 55-minute private Pilates sessions and a Flexible Punch Card valid for Circuit Training, ZUMBA® fitness, or Happy Hour classes. (Limited time offer valid with select instructors only. Expires 12 weeks from date of purchase. Limit one package per member.) **\$275 (M)**

PRIVATE & PARTNER PILATES

Personalized sessions with an experienced instructor in our specialized Pilates studio utilizing Mat work, Reformer, Chair, Cadillac, and Barrels. **Private 55-minute session \$65-\$85**
Partner 55-minute session \$48.75-\$63.75 per person



To schedule your appointment, please call Andi at (425) 895-6578.

CLASS DESCRIPTIONS

PROFUSION CLASSES

PROfusion Class Punch Card: 10 classes=\$50, 1 class=\$6.50
Redeemable in both Bellevue and Seattle locations.

Back to Yoga Basics (no class 5/28)

Build a solid foundation by going back to the basics! Perfect for absolute beginners and advanced students who wish to deepen their practice.

Back to Yoga Basics 2

Continue to build your yoga foundation with our basics "2" practice! Perfect for beginners and advanced students who wish to deepen their practice.

Pilates Mat Plus (no class 5/28)

Experience Pilates Mat with the added fun of small equipment to tone, and increase endurance and stability.

Power Hour Yoga

Energize your lunch break with this dynamic and spirited yoga practice that will leave you feeling strong and revived for the rest of your day.

TRX Total Body (no class 5/28, 6/29, 6/30)

Turn your workout upside down and redefine your body without lifting a single weight! Get a fast, fun, and effective workout using innovative suspension training. Build strength, power, and balance using your own body weight in this unique class. All fitness levels are welcome.

Vinyasa Flow Yoga

Experience a combination of movement and breath in flowing postures to build core strength and bring focus to your body and mind.

FLEXIBLE CLASSES

Flexible Class Punch Card: 10 classes=\$30, 1 class=\$5

Circuit Training (no class 5/28)

Blend energizing cardio with serious muscle strengthening. This class provides the variety and motivation you need for an effective workout. Women's only Circuit is held at 10 a.m.

ZUMBA® fitness (no class 6/30)

Experience Latin-inspired dance moves and eclectic international music. Take your fitness experience to a new level of fun while melting the stress and pounds away!

HAPPY HOUR FITNESS

Happy Hour Punch Card: 15 classes = \$30, 1 class = \$5
(no class 5/28)

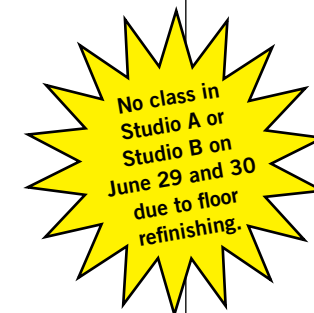
Come and join the party with our Fitness Happy Hour classes! Enjoy Circuit Training, TRX Total Body (Tuesday-Thursday), and Yoga.

Flexible Punch Card could also be used for Happy Hour classes. Please keep your punch card in a safe place as lost or stolen cards are not replaceable.

Please bring your new Membership Key Card and PROfusion Punch Card to class for quick and efficient in-class registration.

ENROLLMENT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:55 Mountain Conditioning Carl S. Studio A		5:30-6:55 Mountain Conditioning Carl S. Studio A		
	5:45-6:55 Boot Camp Blitz Garrett R. Studio B		5:45-6:55 Boot Camp Blitz Garrett R. Studio B		
		7:30-8:40 Extreme Body Makeover Charlene W. Studio B		7:30-8:40 Extreme Body Makeover Charlene W. Studio B	8:30-9:25 Junior Karate Brent H. Studio B
9:15-10:25 Extreme Body Makeover K... Studio B		9:15-10:25 Extreme Body Makeover K... Studio B			
9:15-10:10 PRObarre Derik K. Yoga Studio		9:15-10:10 PRObarre Derik K. Yoga Studio			9:30-10:25 Adult Karate Brent H. Studio B
4:30-5:25 Junior Karate Brent H. Studio B	5:45-6:55 Extreme Body Makeover Charlene W. Studio B		5:45-6:55 Extreme Body Makeover Charlene W. Studio B		
	NEW! 7:05-8:00 PRObarre Derik K. Yoga Studio		NEW! 7:05-8:00 PRObarre Derik K. Yoga Studio		



To enroll online, log onto www.proclub.com with your user ID and then use the following URL links to register: www.proclub.com/onlineclassregistration.

PRObarre



Extreme Body Makeover



Adult & Junior Karate



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

PUNCH CARD CLASSES

Flexible

PROfusion

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:55 Circuit Training Buzz A. Circuit Studio	6:15-7:10 Circuit Training Karen R. Circuit Studio	7:00-7:55 Circuit Training Karli B. Circuit Studio	6:15-7:10 Circuit Training Karen R. Circuit Studio	7:00-7:55 Circuit Training Karli B. Circuit Studio	6:15-7:10 Circuit Training Karen R. Circuit Studio	
	10:00-10:55 Women's Circuit Stacy D. Circuit Studio	10:00-10:55 Women's Circuit Chris C. Circuit Studio	10:00-10:55 Women's Circuit Chris C. Circuit Studio	10:00-10:55 Women's Circuit Sei M. Circuit Studio	10:00-10:55 Women's Circuit Charlene W. Circuit Studio	9:00-9:55 Circuit Training Buzz A. Circuit Studio
	10:30-11:25 ZUMBA® fitness Shannon G. Studio A		12:00-12:55 ZUMBA® fitness Staci S. Studio B			10:15-11:10 Circuit Training CANCELED Circuit Studio
	12:00-12:55 Circuit Training Buzz A. Circuit Studio	12:00-12:55 Circuit Training Sei M. Circuit Studio	12:00-12:55 Circuit Training Jana D. Circuit Studio			12:00-12:55 Circuit Training Karli B. Circuit Studio
	4:30-5:25 Circuit Training Jackie M. Circuit Studio	4:30-5:25 Circuit Training Buzz A. Circuit Studio	4:30-5:25 Circuit Training TBA Circuit Studio	4:30-5:25 Circuit Training Janelle V. Circuit Studio	4:30-5:25 Circuit Training Jackie M. Circuit Studio	
	4:30-5:25 Yoga Shannon G. Yoga Studio	4:30-5:25 TRX Total Body Charlene W. Studio B	4:30-5:25 TRX Total Body Andi W. Studio B	4:30-5:25 TRX Total Body Charlene W. Studio B	4:30-5:25 TRX Total Body Charlene W. Studio B	
	6:00-6:55 Circuit Training Kelli K. Circuit Studio	6:30-7:25 Circuit Training Terry M. Circuit Studio	6:00-6:55 Circuit Training TBA Circuit Studio	6:30-7:25 Circuit Training Sabine J. Circuit Studio	5:30-6:45 ZUMBA® fitness Derik K. Pavilion	
	6:00-6:55 ZUMBA® fitness Jenny U. Studio B	7:00-7:55 ZUMBA® fitness Laurie R. Studio B	7:00-7:55 ZUMBA® fitness Derik K. Studio B			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:25 TRX Total Body Bob C. Studio B	6:30-7:45 Vinyasa Flow Yoga Pam C. Yoga Studio		6:30-7:45 Vinyasa Flow Yoga Lara S. Yoga Studio	6:30-7:25 TRX Total Body Bob C. Studio B	7:30-8:25 TRX Total Body Heather Y. Studio B
	10:15-11:30 Vinyasa Flow Yoga Frances R. Yoga Studio		10:15-11:30 Vinyasa Flow Yoga Aaron U. Yoga Studio	9:00-10:15 Vinyasa Flow Yoga Aubrey J. Yoga Studio	
10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio	12:00-12:55 Power Hour Yoga Frances R. Yoga Studio	10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio	12:00-12:55 Power Hour Yoga Aaron U. Yoga Studio		
	12:00-12:55 TRX Total Body Janelle V. Studio B				
5:45-6:40 Pilates Mat Plus Faith S. Yoga Studio	5:45-7:00 Vinyasa Flow Yoga Frances R. Yoga Studio	5:45-6:40 Pilates Mat Plus Lynette S. Yoga Studio	5:45-7:00 Vinyasa Flow Yoga Jenn H. Yoga Studio	5:45-6:40 TRX Total Body Staci S. Studio B	
7:00-8:15 Back to Yoga Basics Frances R. Yoga Studio		6:00-6:55 TRX Total Body Adia C. Studio B			
7:00-7:55 TRX Total Body Charlene W. Studio B		7:00-8:15 Back to Yoga Basics 2 Aubrey J. Yoga Studio	7:00-7:55 TRX Total Body Laurie R. Studio B		

\$3 per class Flexible Punch Card

1 2 3 4 5 6 7 8 9 10

Flexible Punch Card could also be used for Happy Hour classes. Please keep your punch card in a safe place as lost or stolen cards are not replaceable.

Flexible Class Punch Card: 10 classes = \$30, 1 class = \$5
Happy Hour Punch Card: 15 classes = \$30, 1 class = \$5

Please keep your punch card in a safe place as lost or stolen cards are not replaceable.

ZUMBA® fitness	Yoga	Pilates Mat Plus
<p>PROfusion Class Punch Card: 10 classes=\$50, 1 class=\$6.50</p>		