



GROUP FITNESS • ENROLLMENT CLASSES

Bellevue • November-December 2011

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Open enrollment begins October 1st

5:30-6:55
Mountain Conditioning
Carl S.
Studio A

6:00-7:10
Extreme Body Makeover
Cody N.
Studio B

7:30-8:40
Extreme Body Makeover
Charlene W.
Studio B

9:15-10:25
Extreme Body Makeover
Karli B.
Studio B

9:15-10:10
PRObarre
Derik K.
Yoga Studio

5:30-6:55
Mountain Conditioning
Carl S.
Studio A

6:00-7:10
Extreme Body Makeover
Cody N.
Studio B

7:30-8:40
Extreme Body Makeover
Charlene W.
Studio B

9:30-10:25
Pilates Reformer
Beth L.
Studio B

8:30-9:25
Junior Karate
Brent H.
Studio B

9:30-10:25
Adult Karate
Brent H.
Studio B

9:15-10:25
Extreme Body Makeover
Karli B.
Studio B

9:15-10:10
PRObarre
Derik K.
Yoga Studio

4:30-5:25
Junior Karate
Brent H.
Studio B

5:45-6:55
Extreme Body Makeover
Amanda M.
Studio B

5:45-6:55
Extreme Body Makeover
Amanda M.
Studio B



Add variety to your workout. Check out our PROfusion, Flexible, and FREE classes.

If minimum enrollment is not fulfilled by the 7th of each month, class will 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.

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



Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available.

Please Note: Classes are geared to ages 14 and older (unless otherwise stated). Childcare is available through Discovery Bay. Please arrange in advance by calling (425) 861-6247 or online at proclub.com.

Adult Karate (Ages 11 and older)

Want to try a class? Drop-in for \$15, one-time only. No drop-in 12/10 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. \$105 (M), \$126 (NMCM)
 November-December (no class 12/24, 12/31) 552110

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).

T/TH, 6:00-7:10 a.m.	November (no class 11/24)	\$52	60220
	December	\$58.50	60221
W/F, 7:30-8:40 a.m.	November	\$58.50	60224
	December	\$58.50	60225
M/W, 9:15-10:25 a.m.	November	\$58.50	60218
	December	\$52	60219
T/TH, 5:45-6:55 p.m.	November (no class 11/24)	\$52	60222
	December	\$58.50	60223

Junior Karate (Ages 5-10)

Want to try a class? Drop-in for \$10, one-time only. No drop-in 12/10 & 12/19 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. \$80 (M), \$96 (NMCM), \$160 (NM)
 November-December 62126

SAT, 8:30-9:25 a.m. \$70 (M), \$84 (NMCM), \$140 (NM)
 November-December (no class 12/24, 12/31) 62127

ENROLL ONLINE

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

CLASS ETIQUETTE & STUDIO POLICIES

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

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. November (no class 11/24) \$60 65126
 December \$67.50 65127

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. Additional private Pilates sessions are available. Visit the Concierge Desk or call the Group Fitness office at (425) 895-6539.

F, 9:30-10:25 a.m. November \$76 578123
 December \$95 578124

PRObarre *No drop-ins.*

PRObarre is a unique posture-enhancing blend of energizing isometric, core stabilizing, and muscle-carving exercises. Drawing on the strength of Pilates, the flexibility of yoga, and the poise of dance, PRObarre is an exciting new approach to mind-body fitness. Challenge yourself in a whole new way!

M/W, 9:15-10:10 a.m. November \$72 727118
 December \$64 727119

NOTES

Please visit proclub.com for the most current class schedule. Schedule subject to change.

- 🏋️ = **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**