



GROUP FITNESS • FREE CLASSES

Bellevue • November-December 2011

SUNDAY

9:00-9:55
Power RPM's
Raj V.
Cycling Studio

9:00-10:10
So You Think You Can Step?
Andy H.
Studio A

MONDAY

6:00-7:10
CHISEL'D
Janie S.
Studio A

6:00-6:55
Performance Cycling /Race Day
Josh F.
Cycling Studio

8:00-8:55
Feel Good Cardio Sculpt
Karen R.
Studio A

9:00-10:10
Addicted to Step
Stephanie L.
Studio A

9:15-10:10
Performance Cycling
Carol B.
Cycling Studio

12:00-12:55
Cycle Revolution
Seby A.
Cycling Studio

12:00-12:55
CHISEL'D
Julia B.
Studio A

1:00-1:25
Amazing Abs
Christina H.
Studio A

5:00-5:25
Amazing Abs
Dawni-Rae S.
Studio A

5:30-6:25
Kickbox BLAST!
Dawni-Rae S.
Studio A

6:00-6:55
Performance Cycling
Janelle V.
Cycling Studio

6:30-7:25
High-Energy Step
Sei M.
Studio A

7:30-8:25
Step 101
Laurie R.
Studio A

TUESDAY

6:30-7:25
Cardio Core
Andy H.
Studio A

7:00-7:55
Cycle Revolution
Janie S.
Cycling Studio

9:00-10:10
Step Circuit
Stacy D.
Studio A

12:00-12:55
Cycle Revolution
Buzz A.
Cycling Studio

12:00-12:55
Below the Belt
Dawni-Rae S.
Studio A

1:00-1:25
S-T-R-E-T-C-H
Faith S.
Studio A

5:30-6:25
6-Pack Workout
Christina H.
Studio A

6:00-6:55
Cycle Revolution
Heather Y.
Cycling Studio

6:30-7:25
Below the Belt
Staci S.
Studio A

7:30-8:40
CHISEL'D
Adia C.
Studio A

WEDNESDAY

6:00-7:10
CHISEL'D
Janie S.
Studio A

6:00-6:55
Cycle Revolution
Cody N.
Cycling Studio

8:00-8:55
Feel Good Cardio Sculpt
Karen R.
Studio A

9:15-10:10
Ultimate Cardio Kickbox
Christina H.
Studio A

9:15-10:10
Performance Cycling
Janelle V.
Cycling Studio

10:30-11:25
BabyRobics
Jana D.
Studio A

12:00-12:55
Cycle Revolution
Seby A.
Cycling Studio

12:00-12:55
CHISEL'D
Heather Y.
Studio A

1:00-1:25
Amazing Abs
Christina H.
Studio A

5:00-5:25
Amazing Abs
TBA
Studio A

5:30-6:25
Cardio Core
Caroline F.
Studio A

6:00-6:55
Power RPM's
Allison D.
Cycling Studio

6:30-7:25
Step Interval
Stephanie L.
Studio A

7:30-8:25
Step 101
Laurie R.
Studio A

THURSDAY

6:30-7:25
Cardio Core
Andy H.
Studio A

7:00-7:55
Power RPM's
Tiffany E.
Cycling Studio

9:00-10:10
Step Circuit
Stacy D.
Studio A

12:00-12:55
Cycle Revolution
Elodie C.
Cycling Studio

12:00-12:55
Below the Belt
Dawni-Rae S.
Studio A

1:00-1:25
S-T-R-E-T-C-H
Faith S.
Studio A

5:30-6:25
Above the Belt
Rachel F.
Studio A

6:00-6:55
Cycle Revolution
Heather Y.
Cycling Studio

6:30-7:25
Ultimate Cardio Kickbox
Charlene W.
Studio A

7:30-8:40
CHISEL'D
Adia C.
Studio A

FRIDAY

6:00-6:55
Cycle Revolution
Cody N.
Cycling Studio

8:00-8:55
Feel Good Cardio Sculpt
Karen R.
Studio A

9:00-10:10
Addicted to Step
Stephanie L.
Studio A

9:15-10:10
Performance Cycling
Janelle V.
Cycling Studio

12:00-12:55
Cycle Revolution
Buzz A.
Cycling Studio

5:30-6:25
6-Pack Workout
Adia C.
Studio A

5:30-6:45
ZUMBA® fitness
Derik K.
Pavilion

5:45-6:40
Burlesque Workout
Megan A.
Yoga Studio

5:45-6:40
TRX Total Body
Staci S.
Studio B

SATURDAY

9:00-9:55
Cycle Revolution
Janie S.
Cycling Studio

9:00-10:10
High-Energy Step
Caroline F.
Studio A

10:30-11:40
Kickbox BLAST!
Terry M.
Studio A



Members only. Ages 14 and older. If the minimum attendance is not met for a consecutive four weeks in any class it may be cancelled. We appreciate your understanding.

No sign up required. Come and enjoy!

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



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

Limited schedule for Thanksgiving Day, November 24:
 Limited schedule for Christmas Eve, December 24:
 Limited schedule for New Year's Eve, December 31:

9-9:55 a.m., **Cycle Revolution**, Elodie C.
 9-9:55 a.m., **Power RPMs**, Raj V.
 9-9:55 a.m., **Power RPMs**, Raj V.

10:15-11:30 a.m., **Super Turkey**, Janelle V., Studio A
 10:30-11:40 a.m., **High-Energy Step**, Caroline F., Studio A
 10:30-11:40 a.m., **High-Energy Step**, Caroline F., Studio A

6-Pack Workout

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

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

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



Feel Good Cardio Sculpt

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 & athletic shoes.



High-Energy Step

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



Kickbox BLAST!

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

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

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

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.)**



CLASS ETIQUETTE & STUDIO POLICIES

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

- No sign up required.
- 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.

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**