

GROUP FITNESS • FLEXIBLE CLASSES

Bellevue • November-December 2011



	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		6:15-7:10 Circuit Training Karen R. Circuit Studio	9:00-9:55 Circuit Training Buzz A. 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	10:15-11:10 Circuit Training Abby R. Circuit Studio
		10:30-11:25 ZUMBA® fitness Shannon G. Studio A					10:30-11:25 ZUMBA® fitness Shannon G. Studio B
		12:00-12:55 Circuit Training Buzz A. Circuit Studio	12:00-12:55 Circuit Training Clark M. Circuit Studio	12:00-12:55 Circuit Training Jana D. Circuit Studio	12:00-12:55 Circuit Training Karli B. Circuit Studio	12:00-12:55 Circuit Training Bob C. 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 Elodie C. 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 TRX Total Body Ryan M. Studio B	4:30-5:25 TRX Total Body Andi W. Studio B	4:30-5:25 TRX Total Body Elodie C. Studio B		
		4:30-5:25 Yoga Shannon G. Yoga Studio	4:30-5:25 Yoga Andi W. Yoga Studio	4:30-5:25 Yoga Raye A. Yoga Studio	4:30-5:25 Yoga Aaron U. Yoga Studio	4:30-5:25 Yoga Carla H. Yoga Studio	
		6:00-6:55 Circuit Training Kelli K. Circuit Studio	6:30-7:25 Circuit Training Charlene W. Circuit Studio	6:00-6:55 Circuit Training Kelli K. 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 Alexandra C. Studio B	7:00-7:55 ZUMBA® fitness Laurie R. Studio B	7:00-7:55 ZUMBA® fitness Derik K. Studio B			

Add variety to your workout by checking out our Enrollment, PROfusion, and FREE classes.



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. All classes are subject to change without notice.

Purchase a punch card at the Concierge Desk.
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.

FLEXIBLE CLASSES

Flexible Class Punch Card required. 1 punch card (10 classes)=\$30, 1 class=\$5

Circuit Training



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



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 Group Fitness Punch Card required. 1 punch card (15 classes)=\$30, 1 class=\$5



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

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

CLASS ETIQUETTE & STUDIO POLICIES

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

- Please bring your punch card to the instructor before 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.

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**

QUESTIONS? An instructor will be available to answer any questions after class.