

(Limited class schedule on:

11/26 - 9:15 a.m. with Rusty, 12/24 - 10 a.m. with Rusty,

12/26 - 9:15 a.m. with Janie, 12/31 - 9 a.m. with Rusty)

GROUP FITNESS

November-December 2009 (no class 12/25)

INDOOR CYCLING

Our Indoor Cycling classes are a wonderful way to go for a ride with a seasoned instructor without ever leaving the building. If you are an experienced cyclist or a newcomer and would just like a great cardio and leg workout, please come and enjoy.

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Josh*		Rusty		Michael		
7:00 AM		Janie		Rusty			
9:00 AM							Janelle
9:15 AM	Carol		Janelle		Janelle	Janie	
12:00 PM	Seby	Buzz	Seby	Sabine	Buzz		
4:30 PM	Rusty**	Teresa S.**	Rusty**	Elodie**	Ryan M.**		
6:00 PM	Janelle	Kelsey	Rich	Kelsey			

All classes are 55 minutes long and held in the Cycling Studio.

1 class = \$5, 1 Punch Card (10 classes) = \$30

*(Optional) Race Day is the last Monday of each month from 5:30-7:30 a.m. Members may come and go as they please.

**Fitness Happy Hour Punch Card required (15 classes) = \$30

Enhance your performance and comfort with the use of "SPD" or Look compatible cycling cleats and shoes.



Come and join the party with our NEW! Fitness Happy Hour classes, offered Monday-Friday at 4:30 PM!

Fitness Happy Hour Punch Card required.

PREPARATION:

- Arrive early to secure your bike and to allow yourself ample time to set up.
- First time attendees should arrive 15 minutes before class to be properly fitted.
- Heart Rate Monitors are highly encouraged and are for sale at the Fitness Center Concierge and Pro Shop.
- Water or other hydrating liquid is recommended for all participants.
- Pedal systems: Our bikes feature SPD and LOOK clipless pedals as well as cages for tennis shoes.
- **Punch Cards must be placed on the floor in front of your bike at the beginning of class.**

Join the PRO Sports Club Triathletes club team and enjoy unlimited classes annually.

1 class=\$5, 1 punch card (10 classes)=\$30. Prices do not include sales tax.

Members only. Ages 14 and older. All classes are subject to change without notice. Limited space available.

Purchase a punch card at the Concierge Desk, or call (425) 885-5566.

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

PRO
Sports Club

Updated: 11/12/2009