

GROUP FITNESS • PROFUSION CLASSES

Bellevue • September-October 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:25 NEW TRX Total Body Cody Studio B	6:30-7:45 Vinyasa Flow Yoga Jenn H. Yoga Studio		6:30-7:45 Vinyasa Flow Yoga Jenn H. Yoga Studio	6:30-7:25 NEW TRX Total Body Bob Studio B	
		7:15-8:10 Pilates Mat Jim Studio B		7:15-8:10 Pilates Mat Jim Studio B		7:30-8:25 NEW TRX Total Body Heather Studio B
		9:30-10:25 Pilates Mat Beth Studio B		9:30-10:25 Pilates Mat Beth Studio B	9:00-10:15 Energizing Yoga Saori Yoga Studio	
		10:00-11:15 Vinyasa Flow Yoga Jessica Yoga Studio		10:00-11:15 Vinyasa Flow Yoga Emily Yoga Studio		10:30-11:45 Vinyasa Flow Yoga Caprice Yoga Studio
	10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio		10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio			
		12:00-12:55 Power Hour Yoga Jessica Yoga Studio		12:00-12:55 Power Hour Yoga Emily Yoga Studio		
		12:00-12:55 NEW TRX Total Body Janelle Studio B				
	5:45-6:40 Pilates Mat Plus Derik K. Yoga Studio	5:45-7:00 Rejuvenating Yoga Saori Yoga Studio	5:45-6:40 Pilates Mat Plus Derik K. Yoga Studio	5:45-7:00 Rejuvenating Yoga Saori Yoga Studio	5:45-6:40 NEW TRX Total Body Hazel Studio B <small>friday club nights</small>	
	7:00-8:15 Back to Yoga Basics Caprice Yoga Studio		6:00-6:55 NEW TRX Total Body TBA Studio B			
	7:00-7:55 NEW TRX Total Body TBA Studio B		7:00-8:15 Back to Yoga Basics 2 Caprice Yoga Studio			
				7:00-7:55 NEW TRX Total Body Elodie Studio B		

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

All classes are subject to change without notice. Members only. Ages 14 and older. Equipment (blankets/blocks/mats) is available or feel free to bring your own.

Purchase a punch card at the Concierge Desk.

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



PROFUSION CLASSES

PROfusion Class Punch Card required and is redeemable at both Bellevue & Seattle.

1 punch card (10 classes)=\$70, 1 class=\$12.50

TRX SUSPENSION TRAINING

TRX Total Body

■●★

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.

YOGA

Back to Yoga Basics

●■★

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.

Energizing Yoga

●■★

Experience a retreat for total wellness with this invigorating practice designed to restore the body and create inner calm.

Power Hour Yoga

●■★

Energize your lunch break with this 55-minute dynamic and spirited yoga practice that will leave you feeling strong and revived for the rest of your day.

Rejuvenating Yoga

●■★

Recharge mind and body with a stimulating and revitalizing yoga practice that will leave you feeling refreshed.

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.

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 new Membership Key Card and PROfusion Punch Card to class for quick and efficient check-in.
- 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.

PILATES

Pilates Mat

●■★

Build core strength and body awareness in this invigorating class designed to develop flexibility and stamina in every part of your body.

Pilates Mat Plus

●■★

Experience the best of Pilates Mat plus the extra challenge of using small equipment to tone, increase endurance, and stability.

PRIVATE PILATES

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 Indoor Cycling, Circuit Training, and ZUMBA® fitness 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 Sessions \$65-\$85 per 55 minutes.
Partner Sessions \$48.75-\$63.75 per 55 minutes per person.

NOTES

Please visit proclub.com for the most current class schedule. Schedule subject to change. Members only, ages 14 and older.

- = 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