

GROUP FITNESS • PROFUSION CLASSES

Bellevue • November-December 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:25 TRX Total Body Cody N. Studio B	6:30-7:45 Vinyasa Flow Yoga Pam C. Yoga Studio		6:30-7:45 Vinyasa Flow Yoga Pam C. Yoga Studio	6:30-7:25 TRX Total Body Bob C. Studio B	
		10:15-11:30 Vinyasa Flow Yoga Jessica W. Yoga Studio		10:15-11:30 Vinyasa Flow Yoga Aaron U. Yoga Studio	9:00-10:15 Vinyasa Flow Yoga Pam C. Yoga Studio	7:30-8:25 TRX Total Body Heather Y. Studio B
	10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio		10:30-11:25 Pilates Mat Plus Derik K. Yoga Studio			10:30-11:45 Vinyasa Flow Yoga Aaron U. Yoga Studio
		12:00-12:55 Power Hour Yoga Jessica W. Yoga Studio		12:00-12:55 Power Hour Yoga Aaron U. Yoga Studio		
		12:00-12:55 TRX Total Body Janelle V. Studio B				
	5:45-6:40 Pilates Mat Plus Faith S. Yoga Studio	5:45-7:00 Vinyasa Flow Yoga Carla H. Yoga Studio	5:45-6:40 Pilates Mat Plus Rebecca R. Yoga Studio	5:45-7:00 Vinyasa Flow Yoga Jenn H. Yoga Studio	5:45-6:40 TRX Total Body Staci S. Studio B 	
			6:00-6:55 TRX Total Body TBA Studio B			
	7:00-8:15 Back to Yoga Basics TBA Yoga Studio		7:00-8:15 Back to Yoga Basics 2 TBA Yoga Studio			
	7:00-7:55 TRX Total Body TBA Studio B			7:00-7:55 TRX Total Body Stephanie L. Studio B		

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. 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.



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.

PROFUSION CLASSES

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

1 punch card (10 classes)=\$50, 1 class=\$6.50

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.

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.

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.

PILATES

Pilates Mat Plus



Experience Pilates Mat with the added fun of small equipment to tone, and increase endurance and stability.

PRIVATE PILATES SERVICES

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 Circuit Training, ZUMBA® fitness, or Happy Hour 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.

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 in-class registration.
- 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.