



# GROUP FITNESS • CLASSES

Seattle • March-April 2012

## MONDAY

6:00-6:55  
**CHISEL'D**  
Jonathan S.  
*FREE!*

6:00-6:55  
**TRX Total Body**  
Matt K.  
*PROfusion Class*

6:00-6:55  
**ZUMBA® fitness**  
Nora A.  
*Flexible Class*

7:00-7:25  
**Amazing Abs**  
Matt K.  
*FREE!*

## TUESDAY

6:15-7:25  
**Boot Camp Blitz**  
Lindsey B.  
*Enrollment*

9:30-10:25  
**Circuit Conditioning**  
Geoff T.  
*Flexible Class*

6:00-6:55  
**Power RPM's**  
Dave M.  
*FREE!*

6:00-6:55  
**Vinyasa Flow Yoga**  
Shana D.  
*PROfusion Class*

7:00-8:10  
**Extreme Body Makeover**  
Jonathan S.  
*Enrollment*

## WEDNESDAY

6:00-6:55  
**CHISEL'D**  
Jonathan S.  
*FREE!*

6:00-6:55  
**TRX Total Body**  
Matt K.  
**Advanced Class**  
*PROfusion Class*

6:00-6:25  
**Amazing Abs**  
John D.  
*FREE!*

6:30-7:25  
**Step Funk & Ultimate Cardio Kickbox**  
John D.  
*FREE!*

7:30-8:25  
**ZUMBA® fitness**  
John D.  
*Flexible Class*

## THURSDAY

6:15-7:25  
**Boot Camp Blitz**  
Lindsey B.  
*Enrollment*

9:30-10:25  
**Circuit Conditioning**  
Geoff T.  
*Flexible Class*

12:00-12:55  
**Cycle Revolution**  
Lisa S.  
*FREE!*

5:00-5:55  
**TRX Total Body**  
Ben S.  
*PROfusion Class*

5:30-5:55  
**Amazing Abs**  
Andy G.  
*FREE!*

6:00-6:55  
**Cycle Revolution**  
Andy G.  
*FREE!*

6:00-6:55  
**Vinyasa Flow Yoga**  
Annie P.  
*PROfusion Class*

7:00-8:10  
**Extreme Body Makeover**  
Jonathan S.  
*Enrollment*

## FRIDAY

## SATURDAY

8:45-9:40  
**Power RPM's**  
Dave M.  
*FREE!*

10:00-10:55  
**TRX Total Body**  
Dave M.  
*PROfusion Class*

10:00-10:55  
**ZUMBA® fitness**  
Liz F.  
*Flexible Class*

11:05-12:20  
**Vinyasa Flow Yoga**  
Annie P.  
*PROfusion Class*

Ages 14 and older. Members only. If minimum enrollment is not fulfilled by the 7th of each month, class will be cancelled. We appreciate your understanding.

**QUESTIONS? Visit the front desk or call (206) 332-1873.**

For more information, please contact: Dave Macaluso, (425) 869-4726, dmacaluso@proclub.com.



*If minimum enrollment is not fulfilled by the 7th of each month, class will be cancelled. We appreciate your understanding. Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available. Please bring your Membership Key Card and PROFusion Punch Card to class for quick and efficient check-in and keep your punch card in a safe place as lost or stolen cards are not replaceable.*

### ENROLLMENT CLASSES

Register prior to the first day of class.

#### Boot Camp Blitz



Get prepared for a 70-minute body blast that will transform your fitness level. Includes high intensity body weight exercises focused on developing core strength and stability, calisthenics to get your heart racing, and resistance training to increase your muscle endurance. Are you ready to sweat?

T/TH, 6:15-7:25 a.m. March 1 - April 26 \$117 (M) 711111

#### Extreme Body Makeover



Ready for a new YOU? Cardio, strength, flexibility and core training will transform your body! Body composition and measurements track your progress (be hydrated, no caffeine, alcohol and exercise within 12 hours of first class for testing.)

T/TH, 7-8:10 p.m. March 1 - April 26 \$110 (M) 61136

To enroll online, please log onto [proclub.com](http://proclub.com) with your user ID and then use the following URL links to register: [www.proclub.com/onlineclassregistration](http://www.proclub.com/onlineclassregistration).

### FLEXIBLE CLASSES

Flexible Class Punch Card required and is redeemable at both Bellevue & Seattle. Please present your punch card to instructor before class.

1 punch card (10 classes) = \$30, 1 class = \$5

#### Circuit Conditioning



Intense combinations of cardio segments, resistance training, and strength movements to enhance your overall performance and well-being.

#### ZUMBA® fitness



Experience Latin-inspired dance moves and eclectic international music. Take your group fitness experience to a new level of fun while melting the stress and pounds away!

### PROFUSION CLASSES

PROfusion Class Punch Card required and is redeemable at both Bellevue & Seattle. Please present your punch card to instructor before class.

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.

### FREE CLASSES

Adaptable to all fitness levels. No sign up required.

#### Amazing Abs



Blast your core with this intense 25-minute class focused on strengthening your abdominals and lower back.

#### CHISEL'D



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

#### Step Funk



Basic step meets a little Hip Hop! Guaranteed you'll smile and break a sweat. Closed toe shoes required. Held on weeks 1, 3, and 5.

#### Ultimate Cardio Kickbox



Test yourself in this ultimate cardio workout – kickboxing drills and skills promise to increase your stamina and endurance! Closed toe shoes required. Held on weeks 2 and 4.

#### Tour de PRO: Power RPM's



Experience motivating music while powering your way through specific cycling skills and drills that will translate to results on the road. 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.

#### Tour de PRO: 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. 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.

#### 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.

## CLASS ETIQUETTE AND STUDIO POLICIES

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

- 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 [www.proclub.com](http://www.proclub.com) for the 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.