

FAMILY & JUNIOR PROGRAMS

Available to Bellevue members and their families.



JUNIOR SPORTS CONDITIONING

An unmatched workout experience that incorporates training designed to enhance performance for a wide variety of sports. Includes plyometric drills, speed and agility movements, and strength training to improve endurance, coordination, balance, core stabilization and muscle definition. Junior Sports Conditioning also incorporates games and activities to increase cardio exercise and add more fun.

Level: Ages 11-16

Times: M, T, W, TH, 4:15-5:25 p.m.

JUNIOR GAME TIME

Drills, games, and team activities designed to keep your heart rate up while burning calories, having fun and forgetting that you are getting a great workout. Junior Game Time is open to those 7-13 years of age and takes place during adult class times for a family workout option!

Level: Ages 7-13

Times: M, W, 5:30-6:25 p.m.

SAT, 10-10:55 a.m.

FAMILY FITNESS

Having a hard time scheduling a workout and time together as a family? Join us for a workout as a family. Utilizing our game time format, each session includes a challenging total body workout and fun for anyone 7 years and up.

Level: Ages 7 and older

Times: T, 5:30-6:25 p.m.

Classes subject to change without notice.

For a complete schedule, visit proclub.com.

FLEXIBLE PACKAGES

Sessions	Rate	Expiration
1	\$9.00	30 days
5	\$40.00	60 days
10	\$60.00	90 days
1 month unlimited	\$75.00	30 days

Prices do not include tax. All packages are guaranteed. We recommend those who attend class 1-2 days per week purchase a 5 or 10 session package and those who attend class 3-5 days per week purchase an "Unlimited Package". Flexible Packages can be used for all Flexible Classes.

DIRECTIONS FROM PRO SPORTS CLUB:

1. Turn left on 148th Avenue NE.
2. Proceed about 2 miles.
3. Turn left at Willows Road.
4. Proceed about one quarter of a mile and turn left into the Willows Commerce Park (Phase II).
5. Proceed straight to the "T" at the back of the parking lot, turn right, and park in front of the "9911" building.



PRO SPORTS CLUB WILLOWS ROAD

9911 Willows Road, #100

Redmond, WA 98052

(425) 869-4760

willows@proclub.com

HOURS:

M-TH, 5:30 a.m.-9 p.m.

F, 5:30 a.m.-2 p.m.

SAT, 7 a.m.-2 p.m.