

# FLEXIBLE CLASS SCHEDULE

Ages 14 and older (unless otherwise noted)



## 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.

### **FREE** Initial Workout:

Did you know that members of Bellevue have access to the Willows Road facility for no additional monthly fee? Take advantage of this informative and complimentary 55-minute orientation and workout. During the session you'll learn the basics of how to effectively use the equipment and classes at PRO Sports Club Willows Road as a unique compliment to your current workout program. You will walk away with a sample workout card and a certificate to apply towards future classes or private coaching sessions.

Those under 14 and families are encouraged to attend the Initial Workout on Monday at 5:00 p.m. and Saturday at 9:00 a.m.

### Cardio Blast:

Are burning calories part of your New Year's resolution? If so, we have the solution in this 55-minute class which blends short bursts of high intensity cardio with high-repetition strength exercises. Each session contains at least 40 minutes of heart-pumping cardio intervals integrated with strength training for a high energy, total body challenge.

### Combat Conditioning:

Develop your peak level of fitness when basic kickboxing and martial arts meets strength and circuit training. No experience necessary. Wrist wraps required and are available in the Willows Road pro shop.

### 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 partnered with appropriate strength training for adults and kids, each session includes a challenging total body workout and fun for anyone 7 years and up.

### Fitness Challenge:

A schoolyard-inspired class set to intervals of cardio drills, sports conditioning exercises, resistance training, and team challenges designed to keep your heart rate up during this competitive, calorie burning Willows Road exclusive.

### FX Fusion:

Seeking a simple yet results-oriented, total body workout in less than an hour? This circuit training style class keeps you motivated, energized and functionally fit by using the latest cutting edge equipment and exercises.

### 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. Open to those 7-13 years of age.

### Junior Sports Conditioning:

An unmatched workout experience that incorporates training designed to enhance performance for a wide variety of sports. Includes drills and movements designed to improve strength, endurance, coordination and balance. Jr. Sports Conditioning is open to those 11-16 years of age and incorporates games and activities to increase cardio exercise and add more fun.

### Running Development:

Practical indoor skills and drills followed by an outdoor applied session for developing runners.

### Winter Sports Conditioning:

Sport specific training for skiing, snowboarding and basketball using dynamic forces to create an unmatched workout experience. Includes plyometric drills, speed and agility movements, and strength training to improve endurance, coordination, balance, core stabilization and muscle definition.

### YogaRegen:

A fusion of traditional and progressive Yoga poses combined with active recovery techniques aimed at increasing strength, balance and flexibility.

Ask about our  
**NEW! Enrollment**  
Classes:  
**Hardcore Fitness & Total Body Transformation**

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		FX Fusion FP-0:55-Clark M. Winter Sports Conditioning** FP-1:10-Billy		FX Fusion FP-0:55-Clark M. Winter Sports Conditioning** FP-1:10-Billy			
6:15 AM					Winter Sports Conditioning** FP-1:10-Billy		
6:30 AM	Cardio Blast FP-0:55-Carla <del>CANCELED</del>	Cardio Blast FP-0:55-Alaina			Cardio Blast FP-0:55-Corey		
7:30 AM			Initial Workout F-0:55-Alayna		YogaRegen FP-0:55-Corey		
9:00 AM						Initial Workout* F-0:55-Perf. Coach	
9:15 AM	FX Fusion FP-0:55-Jessica						
10:00 AM	Cardio Blast FP-0:55-Josh B.	FX Fusion FP-0:55-Billy Cardio Blast FP-0:55-Alaina Initial Workout F-0:55-Corey	FX Fusion FP-0:55-Josh B.	FX Fusion FP-0:55-Billy Cardio Blast FP-0:55-Alaina	FX Fusion FP-0:55-Josh B.	FX Fusion FP-0:55-Perf. Coach Junior Game Time FP-0:55-Courtney/Corey	
11:30 AM		Fitness Challenge FP-0:55-Shain		Fitness Challenge FP-0:55-Shain	Combat Conditioning FP-0:55-Josh B.		
12:30 PM					Initial Workout F-0:55-Alayna		
4:15 PM	Jr. Sports Conditioning FP-1:10-Shain	Jr. Sports Conditioning FP-1:10-Paul	Jr. Sports Conditioning FP-1:10-Shain	Jr. Sports Conditioning FP-1:10-Paul			
5:00 PM	Initial Workout* F-0:55-Corey						
5:15 PM			Running Development FP-0:55-Michael				
5:30 PM	FX Fusion FP-0:55-Josh B. Junior Game Time FP-0:55-Shain Cardio Blast FP-0:55-Courtney	Combat Conditioning FP-0:55-Clark M. Family Fitness FP-0:55-Courtney	FX Fusion FP-0:55-Josh B. Junior Game Time FP-0:55-Shain	Initial Workout F-0:55-Corey Combat Conditioning FP-0:55-Clark M. Cardio Blast FP-0:55-Courtney			
6:00 PM	Winter Sports Conditioning** FP-1:10-Paul YogaRegen FP-0:55-Corey		Winter Sports Conditioning** FP-1:10-Paul				
6:30 PM		FX Fusion FP-0:55-Brent M.		FX Fusion FP-0:55-Brent M.			

**KEY**

Title — Regeneration  
Pricing/Duration/Instructor — PCEP-0:55-Bob

---

**Pricing Options:**

**FP** = Flexible Package required  
**F** = FREE! (included in membership)

All classes held at PRO Sports Club Redmond on Willows Road. Classes subject to change without notice. For a complete schedule, visit proclub.com. Open to all Bellevue and Dual PRO Sports Club Members only, ages 14 and older.

\*Those under 14 and families are encouraged to attend the Initial Workout on Monday at 5:00 p.m. and Saturday at 9:00 a.m.

\*\* Classes offered March only.