

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
Family Unlimited	\$180.00	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.

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.

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.

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.

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.

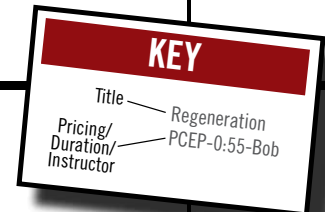
Ask about our
Enrollment Classes:
Hardcore Fitness &
Total Body
Transformation

September-October 2010 (no class 9/4, 9/6)

10 a.m. FX Fusion will be held on 9/4

Special classes - 10 a.m. FX Fusion & 11 a.m. Cardio Blast held only on 9/6

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Cardio Blast FP-0:55-Courtney	FX Fusion FP-0:55-Clark M. Winter Sports Conditioning (October-March) FP-1:10-Billy/Josh F.	Running Development FP-0:55-Michael	FX Fusion FP-0:55-Clark M. Winter Sports Conditioning (October-March) FP-1:10-Billy/Josh F.	Cardio Blast FP-0:55-Josh F. NEW!		
9:15 AM	FX Fusion FP-0:55-Josh F.		Cardio Blast NEW! FP-0:55-Josh F.		Combat Conditioning NEW! FP-1:00-Josh F./Josh B.		
10:00 AM	Cardio Blast FP-0:55-Josh B.	FX Fusion FP-0:55-Billy	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-Perf. Coach	
11:00 AM						Cardio Blast FP-0:55-Perf. Coach	
11:30 AM		Fitness Challenge FP-0:55-Shain		Fitness Challenge FP-0:55-Shain			
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			
5:30 PM	FX Fusion FP-0:55-Josh B. Junior Game Time FP-0:55-Shain	Combat Conditioning FP-0:55-Clark M.	FX Fusion FP-0:55-Josh B. Junior Game Time FP-0:55-Shain	Combat Conditioning FP-0:55-Clark M. Cardio Blast FP-0:55-Courtney			
6:00 PM	Sports Conditioning (September only) FP-1:10-Paul Winter Sports Conditioning (October-March) FP-1:10-Paul		Sports Conditioning (September only) FP-1:10-Paul Winter Sports Conditioning (October-March) FP-1:10-Paul				
6:30 PM		FX Fusion FP-0:55-Alaina		FX Fusion FP-0:55-Alaina			



All classes held at PRO Sports Club 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.