

Members & children of members only.  
Ages 14 and older. All classes are  
subject to change without notice.  
Minimum enrollment required.

# PERFORMANCE CENTER SPORTS CONDITIONING



## 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.

Days	Time	Instructor	Location	Dates	Cost
M	7-8:10 a.m.	Corey	Performance Center	11/3/08-11/24/08	\$ 27.00
				12/1/08-12/29/08	\$ 33.75
	6-7:10 p.m.	Paul	Performance Center	11/3/08-11/24/08	\$ 27.00
				12/1/08-12/29/08	\$ 33.75
T	6-7:10 a.m.	Josh F./Billy	Performance Center	11/4/08-11/25/08	\$ 27.00
				12/2/08-12/30/08	\$ 33.75
W	7-8:10 a.m.	Corey	Performance Center	11/5/08-11/26/08	\$ 27.00
				12/3/08-12/17/08	\$ 20.25
	6-7:10 p.m.	Paul	Performance Center	11/5/08-11/26/08	\$ 27.00
				12/3/08-12/17/08	\$ 20.25
TH	6-7:10 a.m.	Josh F./Billy	Performance Center	11/6/08-11/20/08	\$ 20.25
				12/4/08-12/18/08	\$ 20.25

Sign up at the  
Concierge Desk, or call  
(425) 869-4760.

For more information,  
please contact:  
Corey Weathers,  
(425) 869-4706  
cweathers@proclub.com.