



WILLOWS ROAD ACCESS PASS

Packages

Ages 16 and older (unless otherwise noted)

SESSIONS	RATES	EXPIRES	
1 Session	\$9.00	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." Packages can be used for all Access Pass classes.
5 Sessions	\$45.00	60 days	
10 Sessions	\$70.00	90 days	
1 Month Unlimited	\$90.00	30 days	
Family Unlimited	\$200.00	30 days	

Access Pass class participation is available on a drop-in basis. However, members may reserve a roster spot within two business days (48 hours) of the desired class (*guests or non-members are not permitted to do so*). Guests and non-members are limited to one Access Pass class per month (*guest fee plus drop-in fee applies*). Participation in all Access Pass classes is subject to space and availability.

Body Burn:

Boost your strength levels and develop power while also improving your mobility and stability. Utilizing our highly versatile Keiser equipment, kettle bells, vibration platforms, medicine balls and other state-of-the-art equipment, you'll perform dynamic movements as you achieve a total Body Burn.

Cardio Blast:

This 55-minute class 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.

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.

Kid Gym (ages 6-12):

Kids just want to be kids! Let them run wild in this 55-minute fitness class which includes a dynamic warm up, running, tumbling, agility, and strength training.

NEW! Shred Cycle:

Get a cycling workout unlike any other. Power cycle through highs and lows, then shift to exercises geared to strengthen, stabilize, and mobilize your body. Keep your heart rate up in a calorie-shredding blend of interval-based strength and cycling.

Triathlon Running Development:

Most people remember who taught them how to swim or bike, but do you remember who taught you how to run? You can become a better runner and we can teach you how.

Learn key strength training strategies that will allow you to run faster and longer and participate in drills that teach you how to increase your running economy. This class is open to all fitness levels.

Ultimate Core & Express (ages 18 and older):

Power up your lunch hour with 55 minutes of heart pumping strength and cardio. Get in, get a great work out, and get on with the rest of your day. Equipment includes training ropes, kettle bells, power plates, Keiser functional trainers, freemotion cable machines, Val Slides, medicine-ball, physioballs, and Versa climbers. All levels are welcome.

**Special class schedule for Memorial Day, Monday, May 28, 2012. See back of flyer for details.*

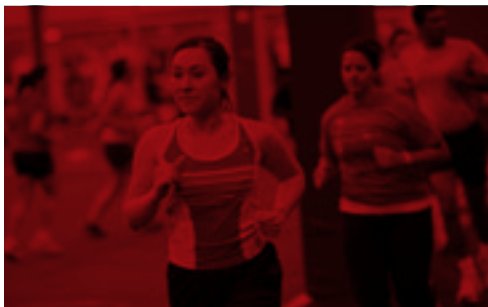
Monday-Thursday, 5:30 a.m. – 9 p.m.

Friday, 5:30 a.m. – 2 p.m.

Saturday, 7 a.m. – 2 p.m.

For more information or to sign up, contact the Concierge Desk at (425) 869-4760 or willocks@proclub.com.

PRO
Sports Club
WILLOWS ROAD



WILLOWS ROAD ACCESS PASS CALENDAR

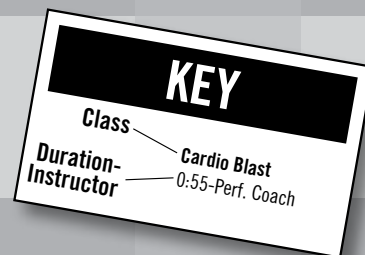
Classes offered on Monday, May 28, 2012:

9 a.m., Cardio Blast

10 a.m., FX Fusion

All other classes are cancelled.

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Cardio Blast 0:55-Courtney D.	FX Fusion 0:55-Aaron D.	Triathlon Running Development 0:55-Michael C.	FX Fusion 0:55-Aaron D.	Cardio Blast 0:55-Jeremiah B.		
9:00 AM						FX Fusion 0:55-Perf. Coach	
9:15 AM	FX Fusion 0:55-Josh F.		Cardio Blast 0:55-Josh F.		NEW! Shred Cycle 0:55-Anna W.		
10:00 AM	Cardio Blast 0:55-Josh B.	FX Fusion 0:55-Billy P. Body Burn 0:55-Janelle V.	FX Fusion 0:55-Josh B.	FX Fusion 0:55-Billy P. Cardio Blast 0:55-Chris W.	FX Fusion 0:55-Josh B. Body Burn 0:55-Doug W.	FX Fusion 0:55-Perf. Coach Body Burn 0:55-Perf. Coach Kid Gym 0:55-Perf. Coach	
12:00 PM	Ultimate Core & Express 0:55-Adam K.		Ultimate Core & Express 0:55-Adam K.				
5:30 PM	Body Burn 0:55-Sol S. FX Fusion 0:55-Josh B.	Combat Conditioning 0:55-Clark M.	Body Burn 0:55-Sol S. FX Fusion 0:55-Josh B. Cardio Blast 0:55-Garrett R.	Combat Conditioning 0:55-Clark M.			
6:30 PM		FX Fusion 0:55-Anna W.		FX Fusion 0:55-Anna W.			



All classes held at PRO Sports Club Willows Road. Classes subject to change without notice.
For a complete schedule, visit proclub.com.

For more information or to sign up, contact the Concierge Desk at (425) 869-4760 or willows@proclub.com