

BRING IT 2010!

WILLOWS ROAD PROGRAMS



HARDCORE FITNESS

Anything goes in this high intensity, sweat-inducing, interval-based routine. Cardio drills, functional strength training, plyometrics, bodyweight, balance and suspension training are combined in this hardcore, calorie-shredding workout.

MONDAY & WEDNESDAY, 7:00 AM

JANUARY \$60 (595100)

FEBRUARY \$60 (595101)

MARCH \$75 (595103)

MONTHLY ENROLLMENT



TOTAL BODY TRANSFORMATION

Get fit and stay fit. Lose those 10 pounds, trim down the waistline, or tone your whole body. Using a team approach, customized scheduling, and a results-oriented focus, this class will keep you motivated and enthusiastic while achieving your personal goals. Join one of our teams and attend weekly Cardio Blast and FX Fusion sessions as you work together to achieve the honor of "biggest transformation." **This year, how will you transform?**

INCLUDES:

- » 3 weekly team workouts (36 sessions)
- » 20 individual Flexible Class sessions
- » 3 Saturday team challenges
- » Initial, 6-week, and post program body composition and photos
- » Team t-shirt and wrist band

\$365 BUYS ALL YOU NEED TO PARTICIPATE IN THE 12-WEEK PROGRAM

JANUARY 11 – APRIL 2

AM CLASSES (pc: 596103)

Cardio Blast » TUESDAY, 6:30 AM (weeks 1-6)

FX Fusion » TUESDAY, 6:00 AM (weeks 7-12)

FX Fusion » THURSDAY, 6:00 AM

Cardio Blast » FRIDAY, 6:30 AM

MIDDAY CLASSES (pc: 596104)

Cardio Blast » MONDAY, 10:00 AM

FX Fusion » TUESDAY, 10:00 AM

Cardio Blast » THURSDAY, 10:00 AM (weeks 1-6)

FX Fusion » THURSDAY, 10:00 AM (weeks 7-12)

PM CLASSES (pc: 596105)

Cardio Blast » MONDAY, 5:30 PM (weeks 1-6)

FX Fusion » MONDAY, 5:30 PM (weeks 7-12)

FX Fusion » WEDNESDAY, 5:30 PM

Cardio Blast » THURSDAY, 5:30 PM

PRO
Sports Club

WILLOWS ROAD

9911 Willows Road, #100 » Redmond, WA 98052 » (425) 869-4760 » proclub.com » 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.

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