

JULY-AUGUST 2011

Ages 18 and older. All classes are subject to change without notice. Minimum enrollment required. Prices do not include sales tax.

**BRING IT 2011!**

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.



Days	Time	Instructor	Location	Dates	Cost	Code
<b>JULY</b>						
F	6-7:10 a.m.	Billy	Willows Road	July 1-29	\$37.50 (M), \$65 (NM)	595130
<b>AUGUST</b>						
F	6-7:10 a.m.	Billy	Willows Road	August 5-26	\$30 (M), \$52 (NM)	595131

*All classes held at Willows Road.*

(M) = Member  
(NM) = Non-Member

## **ENROLL ONLINE**

To enroll in the program listed above, please log onto [proclub.com](http://proclub.com) with your user ID and then use the following URL links to register: [www.proclub.com/onlineclassregistration](http://www.proclub.com/onlineclassregistration).

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