

# TOTAL BODY TRANSFORMATION

Joining a health and fitness class can feel daunting. It takes mental toughness, time, and support to change lifetime habits, but those who stick to the process achieve success. Total Body Transformation is a program designed to empower you to take control of your health and fitness. Working with our professionals and as part of a team, you'll receive all the tools you need to transform your body and maintain the results.

## FREE INTRO NIGHT

MARCH 29, 2012

*Curious about Total Body Transformation and want to learn more? Hear testimonials from recent transformers, receive some great information about the program, and enter a drawing to win free gear! Come join us at Willows Road!*

Day	Time	Program Code
Thursday	6:15-7:15 p.m.	645109

## MEAL TRACKER & 1<sup>ST</sup> DIETITIAN SESSION

APRIL 12, 2012

*Featuring new presentations for 2012.*

Day	Time
Thursday	6:15-7:15 p.m.

## 12-WEEK PROGRAM

APRIL 9, 2012 - JUNE 30, 2012 (NO CLASS 5/28)

**Includes:** Group nutrition sessions with a registered dietitian, three months of PRO Sports Club Health Tracker, three weekly workouts with a performance coach, ten group fitness classes, and three Saturday team challenges.

Teams	Days	Times	Class	Program Code
<b>Morning</b> (Blue)	Tuesday	6-6:55 a.m.	Cardio Blast	596131
<b>Midday</b> (Purple)	Tuesday	10-10:55 a.m.	Cardio Blast	596130
<b>Evening</b> (Black)	Monday	5:30-6:25 p.m.	Cardio Blast	596129

Event	Days	Times	Dates
<b>Team Challenges</b>	Saturday	9 a.m.	May 5 June 2 June 30

*All classes held at Willows Road.*

**Member price:** \$495 + tax, **Non-member price:** \$795 + tax

Ages 16 and older. All classes are subject to change without notice. Minimum enrollment required. Prices do not include sales tax. Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available.

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

# Total Body Transformation Registration Form

Name: \_\_\_\_\_ Member #: \_\_\_\_\_ Today's Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

E-mail: \_\_\_\_\_ Daytime Phone: (      ) \_\_\_\_\_

Male       Female

**Payment Options:**     Will pay at front desk (*cash, check, credit*)       Charge to my account

Yes, I would like to receive information by e-mail for classes, programs, and events at Willows Road.

**Note:** We do **not** share membership information with any other entity.

### HOW WOULD YOU RATE YOUR CURRENT FITNESS LEVEL?

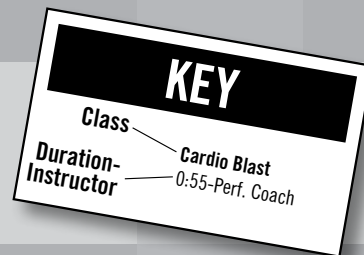
- Mildly Active** (*Not currently involved in a regular exercise program; exercise when convenient.*)
- Moderately Active** (*Enjoy living a generally active lifestyle; consistent with exercise and/or recreational pursuits.*)
- Highly Active** (*Working toward a particular goal; committed to regular exercise and/or recreational pursuits.*)

### WHICH TEAM WOULD YOU LIKE TO JOIN?

- Morning** (*Blue Team*), Tuesday, 6-6:55 a.m., Courtney D. (*first day of class is April 10, 2012*)
- Midday** (*Purple Team*), Tuesday, 10-10:55 a.m., Chris W. (*first day of class is April 10, 2012*)
- Evening** (*Black Team*), Monday, 5:30-6:25 p.m., Garrett R. (*first day of class is April 9, 2012*)

### PLEASE CIRCLE TWO ADDITIONAL PRE-ENROLLED CLASSES:

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>Cardio Blast</b> 0:55-Courtney D.	<b>FX Fusion</b> 0:55-Aaron D.	<b>Triathlon Running Development</b> 0:55-Michael C.	<b>FX Fusion</b> 0:55-Aaron D.	<b>Cardio Blast</b> 0:55-Jeremiah B.		
9:00 AM						<b>NEW! FX Fusion</b> 0:55-Perf. Coach	
7:00 AM	<b>Evolution</b> 1:10-Garrett R.		<b>Evolution</b> 1:10-Garrett R.				
9:15 AM	<b>FX Fusion</b> 0:55-Josh F.		<b>Cardio Blast</b> 0:55-Josh F.		<b>Combat Conditioning</b> 0:55-Josh B. /Josh F.		
10:00 AM	<b>Cardio Blast</b> 0:55-Josh B.	<b>FX Fusion</b> 0:55-Billy P.  <b>NEW! Body Burn</b> 0:55-Janelle V.	<b>FX Fusion</b> 0:55-Josh B.	<b>FX Fusion</b> 0:55-Billy P.  <b>Cardio Blast</b> 0:55-Chris W.	<b>FX Fusion</b> 0:55-Josh B.  <b>Body Burn</b> 0:55-AJ S.	<b>FX Fusion</b> 0:55-Perf. Coach  <b>Body Burn</b> 0:55-Perf. Coach	
12:00 PM	<b>Ultimate Core &amp; Express</b> 0:55-Adam K.		<b>Ultimate Core &amp; Express</b> 0:55-Adam K.				
5:30 PM	<b>Body Burn</b> 0:55-Sol S.  <b>FX Fusion</b> 0:55-Josh B.	<b>Combat Conditioning</b> 0:55-Clark M.	<b>Body Burn</b> 0:55-Sol S.  <b>FX Fusion</b> 0:55-Josh B.  <b>Cardio Blast</b> 0:55-Garrett R.	<b>Combat Conditioning</b> 0:55-Clark M.			
6:30 PM		<b>FX Fusion</b> 0:55-AJ S.		<b>FX Fusion</b> 0:55-AJ S.			



All classes held at PRO Sports Club Willows Road. Classes subject to change without notice. For a complete schedule, visit proclub.com. Due to progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available.

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