

NEW

THE 28TH ANNUAL
NORDSTROM

BEAT the
BRIDGE
TO BEAT
DIABETES

BENEFITTING
THE
JUVENILE
DIABETES
RESEARCH
FOUNDATION

TRAINING PACKAGE

Develop your endurance, core, and strength as you train to “Beat the Bridge” on May 16.

Join PRO personal trainers and other participants as you follow a workout plan each week, receive nutrition guidance, join in organized group runs, and have a ton of fun while getting in shape.

Package: Includes: 10 workout classes with a trainer, workout plan and meal plan, Group Fitness punch card, race registration fee, discounted shoes from Brooks Footwear, a gait analysis by a PRO Club podiatrist, PRO Club Team tech-tee shirt and water bottle.

\$300 (Members only)

Program Code: 651100

Classes: **Saturdays, March 6-May 8**
7:30-8:30 AM in the Group Fitness Studio

Race Date: Sunday, May 16, 2010 at 8 a.m.

Description: 8K (5 mile course): Proceeds from the event will be used to help children and adults affected by diabetes. The event begins outside the Husky Stadium on Mountlake Boulevard and finishes inside the Husky Stadium. Participants will run through the University area to attempt to “beat” the University Bridge before it rises 20 minutes after the race begins. Join in the post-race activities, including the Annual Diaper Derby and Awards Ceremony, on the stadium field after the event.

*Exclusive to the Seattle PRO Sports Club location.
Members only. Ages 14 and older.*

QUESTIONS? Visit the Front Desk, or call (206) 332-1873.

For more information, please contact: Jill White, (425) 869-4726, gwhite@proclub.com.

PRO
Sports Club

Updated: 2/24/2010