### SEPTEMBER-OCTOBER 2017

**GROUP FITNESS CLASSES**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>Total Body SHRED!</strong> 6:00-6:55</td>
<td>Studio B</td>
<td><strong>Mountain Conditioning</strong> 10:00-10:55</td>
<td>Studio C</td>
<td><strong>Total Body SHRED!</strong> 7:30-8:25</td>
<td>Studio B</td>
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<tr>
<td><strong>POWER R/DE</strong> 8:00-8:55</td>
<td>Studio R/DE</td>
<td><strong>Defense</strong> 8:30-9:25</td>
<td>Studio A</td>
<td><strong>POWER R/DE</strong> 7:30-8:25</td>
<td>Studio B</td>
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<tr>
<td><strong>Barbell STRONG</strong> 7:00-7:55</td>
<td>Studio A</td>
<td><strong>Cardio Core</strong> 7:30-8:25</td>
<td>Studio A</td>
<td><strong>Circuit Training</strong> 6:30-7:25</td>
<td>Studio C</td>
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<tr>
<td><strong>Circuit Training</strong> 6:15-7:15</td>
<td>Studio C</td>
<td><strong>Circuit Training</strong> 6:30-7:25</td>
<td>Studio A</td>
<td><strong>R/DE 45</strong></td>
<td>7:00-8:00</td>
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<tr>
<td><strong>Step Circuit</strong> 6:00-7:00</td>
<td>Studio B</td>
<td><strong>Step Circuit</strong> 6:00-7:00</td>
<td>Studio B</td>
<td><strong>Total Body SHRED!</strong> 7:30-8:25</td>
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<tr>
<td><strong>Feel Good Cardio Sculpt</strong> 9:00-10:00</td>
<td>Studio A</td>
<td><strong>Feel Good</strong> 9:00-10:00</td>
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<td><strong>PRObarre</strong> 9:30-10:25</td>
<td>Studio A</td>
<td><strong>PRObarre</strong> 9:30-10:25</td>
<td>Studio A</td>
<td><strong>HIGH Fitness</strong> 9:30-10:25</td>
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<tr>
<td><strong>Step + Strength</strong> 9:30-10:25</td>
<td>Studio A</td>
<td><strong>Pilates Reformer</strong> 9:30-10:25</td>
<td>Studio A</td>
<td><strong>Total Body SHRED!</strong> 9:15-10:10</td>
<td>Studio B</td>
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<tr>
<td><strong>Pilates Reformer</strong> 9:15-10:10</td>
<td>Studio A</td>
<td><strong>Feel Good</strong> 9:00-10:00</td>
<td>Studio A</td>
<td><strong>Total Body SHRED!</strong> 9:15-10:10</td>
<td>Studio B</td>
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<tr>
<td><strong>Women's Circuit</strong> 10:00-10:55</td>
<td>Studio C</td>
<td><strong>Women's Circuit</strong> 10:00-10:55</td>
<td>Studio C</td>
<td><strong>POWER R/DE</strong> 10:00-10:55</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>10:00-10:55</td>
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<tr>
<td><strong>TRX® Form &amp; Function</strong> 12:00-12:55</td>
<td>Studio B</td>
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<td><strong>R/DE 45</strong></td>
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<tr>
<td><strong>Barbell STRONG</strong> 12:00-12:55</td>
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<td><strong>Below the Belt</strong> 12:00-12:55</td>
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<td><strong>Pilates Cardio Reformer</strong> 12:00-12:55</td>
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<tr>
<td><strong>Feeling Abs</strong></td>
<td>12:00-12:55</td>
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<td>12:00-12:55</td>
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<tr>
<td><strong>Happy Hour Circuit Training</strong> 6:30-7:30</td>
<td>Studio B</td>
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<td><strong>Happy Hour Yoga</strong> 6:30-7:30</td>
<td>Studio A</td>
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<td><strong>Junior Karate</strong> 5:30-6:25</td>
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### ENROLLMENT

- **Dance Evolution**
- **Half Marathon Training**
- **Karate/Self-Defense**
- **KIDyoga**
- **Mountain Conditioning**
- **Pilates Reformer**
- **PROjam**
- **Tai Chi**
- **Total Body SHRED!**
- **Workshops**
- **ZUMBA® Kids**

### NEW!

- **6-Pack Workout**
- **Above the Belt**
- **Amazing Abs**
- **BabyBodies**
- **Barbell STRONG**
- **Below the Belt**
- **Cardio Core**
- **Cardio Dance Step**
- **Cycling**
- **Feel Good + RENEW**
- **FEEL GOOD + STRETCH**
- **Feel Good Cardio Sculpt**
- **则是有**
- **KIDyoga**
- **Mountain Conditioning**
- **Pilates Reformer**
- **PROjam/REV/C**
- **Total Body SHRED!**
- **ZUMBA® Kids**

### Sun

- **Circuit Training** 9:00-9:55 | Studio C
- **Gentle Flow Yoga** 10:00-10:50 | Studio A
- **PROjam/REV/C**
- **High Fitness** 10:30-11:25 | Studio A
- **KIDyoga** 10:30-11:25 | Studio A
- **Kickbox BLAST!** 10:45-11:55 | Studio A
- **Power Yoga** 11:00-12:00 | Studio A
- **PROjam/REV/C**
- **Tai Chi** 11:00-12:00 | Studio A

### Festival Information

Please visit our website at www.proclub.com/fitness/Group-Fitness
ENROLLMENTS CLASSES

BI-MONTHLY
Adult Karate/Self-Defense - $144-$162 (11 and older)
(Seat 5-5) Train various kicks and defensive striking, blocking techniques, conditioning exercises, and martial arts applications. Tuition for this class will reflect tuition for all belt levels, including: Jr. Black belt class will meet 15 weeks of teaching experience, and will 40 years of teaching experience. Drop-in $22, one-time only. No drop-in to 10/24 due to observation day.
Junior Karate - $105-$135.50, $126-$142.50 (Ages 5-10)
(Seat 5-7) Jr. to 10s will focus on safety, awareness, and block skills for each on all belt levels, developing a strong self-image and positive attitude. Drop-in $30, one-time only. No drop-in to 10/24 due to observation day.
PROStrikle - $136
(Seat 5-7) Increase cardio endurance, coordination, speed and balance, while decreasing stress in this empowering class. Includes the use of kicks, flag, and a drill, weightbearing strength and stiffness of powerful cardio. No previous cardio experience required.

6 WEEKS
Dance Evolution - $57
(Seat 13-28) Take your basic and fundamental modern dance experience to a new level. Feel comfortable to move to the music. This class will focus on the musicality and the rhythm of dance. Drop-in $8, one-time only. No drop-in to 10/24 due to observation day.

KIDjam - $40 M, $72 NHCM (Ages 6-10)
(Seat 5-14) KIDjam explores different types of dance including jazz, hip hop, Latin and more to inspire creativity and flexibility as well as build skills such as self-control, creativity, and music awareness, all while having fun.

Traditional Tai Chi - $75
(Seat 1-21) Improve your balance, flexibility, endurance, inner strength and stress with Tai Chi. This class is an intermediate level class. Students are instructed on the art of balance and movement.

Pilates Cardio Reform - $100-$125
Take this class to a new level and add to your core strength and endurance. Spin cycle and Pilates to balance your body and balance. This class is perfect for Pilates beginners to improve their balance and coordination.

Pilates Refocus - $75-$925
Strengthen your core, balance your core, and add in purpose in this challenging workout that will keep you moving and balanced. Each Pilates Refocus class is a month enrollment. Pilates Refocus classes are instructed with a private instructor prior to enrolling. Monthly enrollment, $25 per class.

SEASONAL
Seattle Half Marathon Training Program - $287.50
(Seat 1-15) This is the perfect training program for a class to train for the Seattle Half Marathon. The program includes 8 weeks of training, with 3-4 classes per week. The classes are designed to help you prepare for the race. Registration is required online, or by phone.

Total Body SHRED! - $225.50
(Seat 106, 16, 123-124) Increase cardiovascular endurance, fitness, strength and lean muscle mass in this 10-week enrollment class. Registration includes body composition tracking, start date, progress assessment, and postpartum members also welcome to attend with or without baby.

Hybrid - $256.50
(Seat 18-20, 137-138) Increase cardiovascular endurance, fitness, strength and lean muscle mass in this 10-week enrollment class. Registration includes body composition tracking, start date, progress assessment, and postpartum members also welcome to attend with or without baby.

FUSEFIT CLASSES

These classes require a FUSEFIT Punch Card. 10 classes = $50. Drop-in class = $6.50. MINDBODY Punch Card may be substituted.

HYBRID

Circuit Training
Blends aerobics and strength training with various muscle-stimulating exercises. This class provides the variety and motivation you need for an effective workout.

HIGH Fitness
Choreographed, strength training with cardio and core training to get your blood moving around you know and be! Break a sweat and flex a muscle with a low impact option provided.

STRENGTH
TRX® Form & Function
Focus on body weight exercises to improve strength, joint stability and coordination.

TRX® Total Body
Get a Total Body workout using resistance bands. Build strength, power, and balance using your own body weight in this unique class.

CARDIO

PROjam
Combines music and dance to learn to walk to new rhythms with cardio-mixing low to medium impact dance moves.

ZUMBA® Fitness
Combines Latin and international music with dance to challenge your body and mind.

BOllcy Works FITNESS
Endurance with a focus on low impact dancing while stressing your body. From the warm up to the cool down, end every call bodywork will motivate you to burn calories while having a blast.

MINDBODY CLASSES

There will be a $25 additional fee for MINDBODY Punch Card. 10 classes = $50. Drop-in class = $6.50.

PILATES

Pilates Mat Plus
Plates with the addition of small equipment to target, increase core endurance and flexibility.

PROBarre

Slingerize
Combines training and sculpting with structural alignment to strengthen your muscles, increase mobility and target firm body tone.

YOGA

To Your Basics Yoga
Perfect for beginners and advanced students who want to deepen their practice.

Gentle Flow Yoga
Practicing moving through gentle yoga postures with breathing to focus your body and mind in order to prepare for the week ahead.

Vinyasa Flow Yoga
Explore a combination of movement and breath in flowing postures to build core strength and breathing to focus your body and mind.

Yin Yoga
As the final Friday of each month enjoy deeper flexibility and relaxation with a gentle yogic and restorative practice.

FREE CLASSES

6-Pack Workout
For anyone in your friends with well-defined abs and experience an intense workout concentrating on that trouble free 6 Pack area. You are guaranteed to feel the burn even during challenging cardio activities!

PROstrike!
A fast, low impact cardio and strength workout for men or women and body. We recommended beginner classes in 6 weeks and set to exceed your weight limitations. Professional and certified instructors will welcome you.

Cardio Core
When cardio meets core strength and contrôle, think great brains, love muscles, and shape, and balance! Think cardio core!

Feel Good = RENEW
Renew your movement, balance, strength and endurance by experiencing the gentle flowing class dedicated to help you rebalance your coordination and balance level.

Feel Good = STRETCH
If you don’t stretch on time, you’re just complementing your workout with this 25 minute class to increase flexibility and maintain mobility.

Feel Good Carpe Sact
Musically evocative low impact moves on the floor and step. Strength training, balance, and endurance bring this total body workout to leave you feeling powered!

Step + Strength
Begin class with step conditioning drills and finish with strength training fundamentals.

Step Circuit
Use step choreography and both total body workout circuit training gives you! Experience the best of the best in this high-energy class.

STRAIN

Above the Belt
Looking to be changed and engaged? Challenge yourself with serious strength training for the upper body.

Abdominal Abs
Maximize your core with this 25 minute class focused on strengthening your abdominals.

Barbell Strong

Below the Belt
Experience dynamic strength and flexibility through extreme lower body training and core work...need we say more?

CARDIO

Dance Cardio Step
Cute, crisp and ready to move! Complex cardio choreography and great music combine to keep your heart pumping and brain working! If you have a love for all things step, this is the class for you.

Innen Warrior Workout
Awe your face for the body and your personal intention with the total body workout! Discover the power of movement through locked leg movements, cardiovascular drills, and weight endurance to take your intention for inner growth.

Kickbox Blast!
Challenging overall movement and a mix of kickboxing drills and skill.

STUDIO R/DE

R/DE 45
High intensity interval training at its best! With interval 500 steps elevate your calorie burn - in under one hour.

JOY R/DE

Music + Inspiration + Community = Joy! Get inspired, make friends and enjoy your JOY R/DE!

POWER R/DE

REV/C

Cycle Revolution: Not your ordinary ride. This HIIT/Power class pairs a stationary kimera with a stationary cardio endurance drill, and interval training to hit your gas and push your limits. Join the REVOLUTION!

FALL GROUP FITNESS CLASSES

Fall Group Fitness Signature Class Showcase
Get a complete workout, cool-down, and stretch with a special size of six different Group Fitness classes for $15! This sampler will include Total Body STRONG, Dance Evolution, Cardio Core, TRX Suspension Training, Pilates Mat, and Tai Chi. Although free, enrollment is required due to limited space.

Sun, Sept. 10, 10:30 a.m.-12:30 p.m., Studios B & D, $15

Yoga for Beginners Workshop
Whether you’ve never rolled out a yoga mat, you’d like to refresh on some of the basics, you’ve been away from the mat for some time or you want to introduce a friend or family member to yoga, this is the workshop for you!

Sun, Sept. 24, 10:30 a.m.-12:30 p.m., Studios B & D, $15

Barre for Beginners Workshop
An inspiring blend of Pilates, yoga and ballet dance moves, barre classes are great. Low impact way to strengthen and tone muscles while increasing flexibility and being fun! This workshop will finish you how to get the most out of each move.

Sun, Oct. 12, 10:30 a.m.-12:30 p.m., Studios B & D, $15

Introduction to Pilates Mat Workshop
This workshop will include an introduction to the Pilates principles, an all-levels mat class, and take-home handout with a breakdown of the exercises taught. Discover how Pilates can benefit your body and mind, how to modify exercises for injury, and how to vary the intensity of a movement to get the most out of each class. This workshop benefits whether you’re new to Pilates Mat or if you attend regular classes.