

MAY-JUNE 2018

FREE CLASSES | MINDBODY | FUSEFIT | ENROLLMENT

PRO Sports Club GROUP FITNESS CLASSES

FUSEFIT

- BollyWorks FITNESS
- Circuit Training
- Happy Hour Yoga
- HIGH Fitness®
- PROjam
- TRX®
- ZUMBA® fitness

MINDBODY

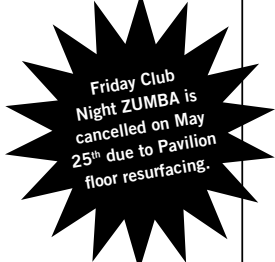
- Pilates Mat Plus
- PRObarre
- Yoga

ENROLLMENT

- Cycling Strength & Conditioning
- Half Marathon Training
- Karate
- KIDyoga
- Mountain Conditioning
- Pilates Reformer
- PROstrike!
- Squash Cross Training
- Tai Chi
- Total Body SHRED!
- Workshops

FREE

- BabyRobics
- Barbell STRONG
- Cardio Core
- Cardio Dance Step
- Cycling
- Feel Good + RENEW
- Feel Good + STRETCH
- Feel Good Cardio Sculpt
- Friday Club Night TRX®
- Friday Club Night ZUMBA®
- Inner Warrior Workout
- Kickbox BLAST!
- Step Circuit
- Ultimate 6-Pack Workout
- Ultimate Abs
- Ultimate Arms
- Ultimate Legs

MON	TUE	WED	THU	FRI	SAT
Barbell STRONG 6:00-6:55 Studio A POWER R/DE 6:00-6:55 Studio R/DE Total Body SHRED! 6:00-6:55 Studio B Circuit Training 6:15-7:10 Circuit Studio Pilates Reformer 7:00-7:55 Reformer Studio Total Body SHRED! 7:30-8:25 Studio B Feel Good Cardio Sculpt 8:00-8:55 Studio A PRObarre 9:15-10:10 Yoga Studio POWER R/DE 9:15-10:10 Studio R/DE HIGH Fitness® 9:15-10:25 Studio A Pilates Reformer 9:15-10:10 Reformer Studio Women's Circuit 10:00-10:55 Circuit Studio Pilates Mat Plus 10:30-11:25 Studio B Back to Yoga Basics 10:30-11:40 Yoga Studio ZUMBA® fitness 10:30-11:25 Studio A	Mountain Conditioning 5:30-6:55 Studio A Cardio Core 6:30-7:25 Studio A PROstrike! 6:30-7:25 Studio B Vinyasa Flow Yoga 6:30-7:25 Yoga Studio Circuit Training 7:00-7:55 Circuit Studio REV/C 7:00-7:55 Studio R/DE Step Circuit 9:00-10:10 Studio A Total Body SHRED! 9:15-10:10 Studio B Cycling Strength & Conditioning 9:15-10:25 Circuit Studio Women's Circuit 10:00-10:55 Circuit Studio Vinyasa Flow Yoga 10:15-11:25 Yoga Studio Feel Good + RENEW 10:30-11:25 Studio A PROjam 10:30-11:40 Studio B	Barbell STRONG 6:00-6:55 Studio A POWER R/DE 6:00-6:55 Studio R/DE Circuit Training 6:15-7:10 Circuit Studio Pilates Reformer 7:00-7:55 Reformer Studio Feel Good Cardio Sculpt 8:00-8:55 Studio A CANCELLED MAY 2 9:15-10:10 Studio A PRObarre 9:15-10:10 Yoga Studio POWER R/DE 9:15-10:10 Studio R/DE Women's Circuit 10:00-10:55 Circuit Studio Pilates Mat Plus 10:30-11:25 Studio B Back to Yoga Basics 10:30-11:40 Yoga Studio BabyRobics 10:30-11:25 Studio A	Mountain Conditioning 5:30-6:55 Studio A Cardio Core 6:30-7:25 Studio A PROstrike! 6:30-7:25 Studio B Vinyasa Flow Yoga 6:30-7:25 Yoga Studio Circuit Training 7:00-7:55 Circuit Studio R/DE 45 7:00-7:55 Studio R/DE Step Circuit 9:00-10:10 Studio A Total Body SHRED! 9:15-10:10 Studio B Cycling Strength & Conditioning 9:15-10:25 Circuit Studio Women's Circuit 10:00-10:55 Circuit Studio Vinyasa Flow Yoga 10:15-11:25 Yoga Studio Feel Good + RENEW 10:30-11:25 Studio A PROjam 10:30-11:40 Studio B	POWER R/DE 6:00-6:55 Studio R/DE Total Body SHRED! 6:00-6:55 Studio B Circuit Training 6:15-7:10 Circuit Studio Total Body SHRED! 7:30-8:25 Studio B Feel Good Cardio Sculpt 8:00-8:55 Studio A Vinyasa Flow Yoga <i>Yin Yoga last Friday</i> 9:00-10:10 Yoga Studio POWER R/DE 9:15-10:10 Studio R/DE HIGH Fitness 9:15-10:25 Studio A Pilates Reformer 9:30-10:25 Reformer Studio Women's Circuit 10:00-10:55 Circuit Studio Pilates Mat Plus 10:30-11:25 Studio B ZUMBA® fitness 10:30-11:25 Studio A	TRX® Total Body 7:30-8:25 Studio B Circuit Training 7:45-8:40 Circuit Studio Pilates Mat Plus 7:45-8:40 Yoga Studio POWER R/DE 8:00-8:55 Studio R/DE Cardio Dance Step 8:30-9:40 Studio A Junior Karate 8:30-9:25 Studio B Circuit Training 9:00-9:55 Circuit Studio Back to Yoga Basics 9:00-10:10 Yoga Studio Pilates Reformer 9:00-9:55 Reformer Studio REV/C 9:15-10:10 Studio R/DE PRObarre 9:30-10:25 Studio B Adult Karate (11 & older) 9:30-10:25 Discovery Bay ZUMBA® fitness 9:45-10:40 Studio A Squash Cross Training 10:00-10:55 Circuit Studio HIGH Fitness 10:30-11:25 Studio B Vinyasa Flow Yoga 10:30-11:40 Yoga Studio Kickbox BLAST! 10:45-11:55 Studio A
Circuit Training 12:00-12:55 Circuit Studio POWER R/DE 12:00-12:55 Studio R/DE Barbell STRONG 12:00-12:55 Studio A PRObarre 12:00-12:55 Yoga Studio Pilates Reformer 12:00-12:55 Reformer Studio Ultimate Abs 1:00-1:25 Studio A	Circuit Training 12:00-12:55 Circuit Studio TRX Form & Function 12:00-12:55 Studio B R/DE 45 12:00-12:55 Studio R/DE Ultimate Legs 12:00-12:55 Studio A Vinyasa Flow Yoga 12:00-12:55 Yoga Studio Pilates Cardio Reformer 12:00-12:55 Reformer Studio Feel Good + STRETCH 1:00-1:25 Studio A	Circuit Training 12:00-12:55 Circuit Studio HIGH Fitness 12:00-12:55 Studio B POWER R/DE 12:00-12:55 Studio R/DE Barbell STRONG 12:00-12:55 Studio A Ultimate Abs 1:00-1:25 Studio A	Circuit Training 12:00-12:55 Circuit Studio TRX® Form & Function 12:00-12:55 Studio B R/DE 45 12:00-12:55 Studio R/DE Ultimate Legs 12:00-12:55 Studio A Vinyasa Flow Yoga 12:00-12:55 Yoga Studio Pilates Reformer 12:00-12:55 Reformer Studio Feel Good + STRETCH 1:00-1:25 Studio A BollyWorks FITNESS 1:00-1:55 Studio B	Circuit Training 12:00-12:55 Circuit Studio REV/C 12:00-12:55 Studio R/DE PRObarre 12:00-12:55 Yoga Studio	
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Inner Warrior Workout 5:30-6:25 Studio A PRObarre 5:30-6:25 Studio B Pilates Mat Plus 5:45-6:40 Yoga Studio Circuit Training 6:00-6:55 Circuit Studio POWER R/DE 6:00-6:55 Studio R/DE Pilates Reformer 6:30-7:25 Reformer Studio Barbell STRONG 6:30-7:25 Studio A HIGH Fitness 6:30-7:25 Studio B Back to Yoga Basics 7:00-8:10 Yoga Studio Total Body SHRED! 7:30-8:25 Studio B Ultimate Arms 7:35-8:30 Studio A	Junior Karate 4:30-5:25 Studio A KIDyoga 4:30-5:15 Studio B Ultimate 6-Pack 5:30-6:25 Studio A PROstrike! 5:30-6:25 Studio B Vinyasa Flow Yoga 5:45-6:55 Yoga Studio Adult Karate (11 & older) 6:30-7:25 Studio B Circuit Training 6:30-7:25 Circuit Studio Ultimate Legs 6:30-7:25 Studio A R/DE 45 6:30-7:25 Studio R/DE PRObarre 7:05-8:00 Yoga Studio Barbell STRONG 7:30-8:40 Studio A Traditional Tai Chi 7:30-8:40 Studio B	Cardio Core 5:30-6:25 Studio A PRObarre 5:30-6:25 Studio B Pilates Mat Plus 5:45-6:40 Yoga Studio Circuit Training 6:00-6:55 Circuit Studio REV/C 6:00-6:55 Studio R/DE Pilates Reformer 6:30-7:25 Reformer Studio Barbell STRONG 6:30-7:25 Studio A HIGH Fitness 6:30-7:25 Studio B Back to Yoga Basics 7:00-8:10 Yoga Studio Total Body SHRED! 7:30-8:25 Studio B Ultimate Legs 7:30-8:25 Studio A	Ultimate Arms 5:30-6:25 Studio A PROstrike! 5:30-6:25 Studio B Vinyasa Flow Yoga 5:45-6:55 Yoga Studio ZUMBA® fitness 6:30-7:25 Studio B Circuit Training 6:30-7:25 Circuit Studio Kickbox BLAST! 6:30-7:25 Studio A R/DE 45 6:30-7:25 Studio R/DE PRObarre 7:05-8:00 Yoga Studio Barbell STRONG 7:30-8:40 Studio A Tai Chi (Level 2) 7:30-8:40 Studio B	Friday Club Night Ultimate 6-Pack Remixed! 5:30-6:25 Studio A Friday Club Night ZUMBA® fitness 5:30-6:45 Pavilion Friday Club Night TRX® Triple Threat! 5:45-6:40 Studio B	
					HAPPY HOUR SUN Circuit Training 9:00-9:55 Circuit Studio PROjam 9:00-10:10 Studio A POWER R/DE 9:00-9:55 Studio R/DE Gentle Flow Yoga 9:00-10:10 Studio B KIDyoga 10:30-11:15 Yoga Studio
					For instructor information please visit our website at proclub.com/Fitness/GF-Complete-Calendar

GROUP FITNESS CLASSES

ENROLLMENT

MONTHLY

KIDyoga - \$48-\$60/M, \$58-\$72/NMCM (Ages 6-12)
(May 1-29, June 3-26) KIDyoga introduces yoga poses in the shapes of animals and other familiar objects. Each class is an adventure, complete with visualization and sounds to keep kids focused while they play. This practice will entertain and engage children while helping them unwind and relax.

Mountain Conditioning - \$80-\$100
(May 1-31, June 5-28) Guaranteed to wake you up and get you ready to workout in the wild! Muscular strength and endurance, stability, and cardio rolled into an ever-changing, fast-paced format.

Pilates Cardio Reformer - \$100-\$125
(May 1-29, June 5-26) Take the same total body strengthening and stabilizing of Pilates Reformer to the next level by adding heart pumping intervals using the cardio trampoline. *Prerequisite: Pilates Perfect Start appointment. Monthly enrollment for one class per week.*

Pilates Reformer - \$75-\$125
(May 2-31, no class 5/28, June 1-30) Strengthen your core, balance muscles, and enhance posture in this challenging workout that will leave you feeling toned and lengthened. *Prerequisite: Pilates Perfect Start appointment. Monthly enrollment for one class per week.*

Squash Cross Training (10 & older) - \$80-\$100
(May 5-26, June 2-30) Take quickness, power and strength for your squash game to the next level with carefully programmed resistance and speed training.

6 WEEKS

Traditional Tai Chi (Level 1) - \$100
(May 1-June 19) Improve your balance, flexibility, endurance, inner strength and focus with traditional Tai Chi, an internal martial art, Chinese meditation system and well-being practice. Instructor Gary Gao is a 7th-generation master in Yang Cheng-fu and Li Ya Xuan's lineage. No prior experience needed.

Tai Chi (Level 2) - \$100
(May 3-June 21) Continue your practice of the traditional Yang style Tai Chi form. *Prerequisite: Traditional Tai Chi (Level 1).*

BI-MONTHLY

Adult Karate: Okinawan Goju Ryu - \$162 (11 & older)
(May 1-June 30) Learn various offensive and defensive striking, kicking, and blocking techniques, conditioning exercises, and practical applications and strategy for real self-defense situations for all ability levels. Instructor Brent Hartwig is a 6th-degree black belt in Goju Ryu karate with 50 years of training, and over 41 years of teaching experience. Drop-in \$23, one-time only. No drop-in 6/19 & 6/23 due to recognition day.

Cycling Strength & Conditioning - \$80-\$90
(May 1-June 26) Build your endurance in a 9-week program designed to get you ready for summer cycling. Compete at your best while racing or simply tackle your favorite outdoor activities with more agility and fitness than last year.

Junior Karate - \$135/M, \$162/NMCM (Ages 5-10)
(May 1-June 26) Safety, awareness, and basic skills for youth at all ability levels, developing a strong self-image and positive attitude. Drop-in \$20, one-time only. No drop-in 6/19 & 6/23 due to recognition day.

PROstrike! - \$180
(May 1-June 28) Increase cardio endurance, coordination, speed and balance, all while decreasing stress in this empowering class. Includes the use of heavy bags and focus mitts, bodyweight strength drills and powerful cardio. No previous combat experience required.

SEASONAL

Junior Karate Camp (Ages 5-10) - \$167/M, \$200/NMCM
(June 25-29, July 23-27, 10:30 a.m.-12 p.m., Reformer Studio) Develop a strong self-image and positive attitude by learning safety, awareness and specialty karate skills. Be prepared to have fun while expanding your understanding of karate beyond the techniques and drills of regular class. No previous experience required. Instructor Brent Hartwig is a 6th degree black belt with the International Okinawan Goju Ryu Karate Federation.

Total Body SHRED! - \$190-\$200
(Apr. 9-June 14, no class 5/28) Increase cardiovascular endurance, fat loss, strength and lean muscle mass in this 10-week enrollment class. Includes body composition testing to track your progress and see results!



FUSEFIT

FUSEFIT PUNCH CARD REQUIRED | 10 CLASSES = \$45 | 1 CLASS = \$8
MINDBODY punch card may be substituted.

HYBRID

Circuit Training
Blend energizing cardio with serious muscle strengthening. This class provides the variety and motivation you need for an effective workout.

HIGH Fitness
Choreographed, intervall training with cardio peaks and toning tracks is set to music you know and love. Break a sweat and have a blast! Low impact options provided.

STRENGTH

TRX® Form & Function
Focus on body-weight exercises and balance challenges using the TRX suspension trainer. Participants can expect to improve functional core strength, joint stability and coordination.

TRX® Total Body
Get a fun and effective workout using innovative suspension training. Build strength, power, and balance using your own body weight in this unique class.

CARDIO

PROjam
Celebrate music and learn to work out to a new rhythm with calorie-melting, low to medium-impact dance moves.

ZUMBA® fitness
Experience Latin-inspired dance moves and eclectic international music. Take your fitness experience to a new level of fun while melting the stress and pounds away.

BollyWorks FITNESS
Enjoy a fun evening with bollywood dancing while exercising your whole body. From the warm up to the cool down, energetic bollywood music will motivate you to burn calories while having a blast!



MINDBODY

MINDBODY PUNCH CARD REQUIRED | 10 CLASSES = \$65 | DROP-IN = \$10

PILATES

Pilates Mat Plus
Pilates with the added fun of small equipment to tone, increase core endurance and flexibility.

PROBARRE

PRObarre
Combine toning and sculpting with elongated movements to strengthen your muscles, increase mobility and get that barre-body that everyone will envy.

YOGA

Back to Yoga Basics
Perfect for beginners and advanced students who wish to deepen their practice.

Gentle Flow Yoga
Practice moving through gentle yoga postures with the breath while bringing focus to your body and mind in order to prepare for the week ahead.

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

Yin Yoga
On the final Friday of each month, enjoy deeper flexibility and relaxation with a gentle yin and/or restorative practice.

FREE

HYBRID

BabyRobics
A fun, low-impact cardio and strength workout for new mom or dads and baby. We recommend babies be carried in a front pack and not to exceed size/weight limitation. Prenatal and postpartum members also welcome to attend with or without baby.

Cardio Core
When heart-pumping cardio meets hard core strengthening. Think great fitness, lean muscles, buff abs, and better posture. Think cardio core!

Feel Good + RENEW
Renew your movement, balance, strength and stamina by enjoying this gentle flowing class dedicated to help you rebuild your foundation and feel great!

Feel Good + STRETCH
If you won't stretch on your own, join us and complement your workout with this 25-minute class to regenerate your muscles and gain overall flexibility!

Feel Good Cardio Sculpt
Mix high-energy yet low-impact moves on the floor and step. Strength training, balance, and core work finish this total body workout to leave you feeling good!

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

Ultimate 6-Pack Workout
Be the envy of your friends with well-defined abs! Experience an intense workout concentrating on that troublesome 6-Pack area. You are guaranteed to feel the burn even during challenging cardio intervals!

STRENGTH

Barbell STRONG
No frills. No fancy choreography. Just serious strength training using weighted equipment.

Ultimate Abs
Blast your core with this intense 25-minute class focused on strengthening your abdominals and lower back.

Ultimate Arms
Looking to be armed and dangerous? Challenge yourself with serious strength training for the upper extremity.

Ultimate Legs
Increase dynamic strength and flexibility through extreme lower body training and core work... need we say more?

CARDIO

Cardio Dance Step
Grab a step and get ready to move! Complex step 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.

Inner Warrior Workout
Awaken your passion for life and set your personal intention with this total body workout. Discover the power of motivational movement through kickboxing elements, cardiovascular drills, and body weight endurance to train your mindset for inner growth.

Kickbox BLAST!
Challenge yourself and have a BLAST with cardio kickboxing drills and skills!

STUDIO R/DE

POWER R/DE
Work harder. Get stronger. Conquer the road. Technology guides your intensity to measure performance and adapt your challenge.

REV/C
Cycle Revolution! Not your ordinary ride. This is YOUR journey. Our signature R/DE provides a full body workout with intense cardio, resistance bands, and motivational coaching to lift you up and push your limits. Join the REVOLUTION!

R/DE 45
High intensity interval training at its best! Hills and sprints dominate your calorie burn - in under an hour!

Register prior to first day of class at the Front Desk Concierge or call (425) 885-5566.

Members only and 14 and older unless otherwise stated. Prices do not include sales tax. Due to the progressive nature of the class format, pro-rated sign-ups or refunds for missed classes are not available. If minimum enrollment is not fulfilled by the 7th of each month, class will be cancelled.

KEY: M=Member, NMCM=Child of Member, NM=Non-Member



Leavenworth Yoga Retreat

Craving time and space to restore and revitalize yourself while being pampered in luxury? Enjoy a three-day yoga retreat at Post Hotel and Spa in Leavenworth, WA. Melt your stress away as you're guided in two daily yoga practices, meditation, and much more. Start summer feeling revived.

Friday-Sunday, June 22-24



Bike Handling Skills Workshop

Gain confidence and speed on the bike by learning how to safely progress with climbing, descending, and cornering in a 2-part clinic. All fitness levels welcome, but fundamental skills of riding a bike on the road are required. Offered at Willows Road.

Saturday, May 19 & June 2, 9 a.m.-12 p.m.
\$180 Member, \$240 Non-Member (2-day series)
\$100 Member, \$130 Non-Member (1 clinic)



Memorial Day (Monday, May 28)

POWER R/DE | 8-9:15 a.m. | Studio R/DE
REV/C | 9:30-10:45 a.m. | Studio R/DE
Barbell STRONG | 9:30-10:45 a.m. | Studio A
HIGH Fitness | 11 a.m.-12:15 p.m. | Studio A



Women's Self Defense Workshop 2-Day Series

Learn strategy, techniques and applications for practical self-defense in this two-session series. Includes training techniques for blocking, ground defense, confined space defense and weapon defense. Each workshop covers different aspects of these techniques. Sign up for one or both.

Sunday, June 3 & June 10
10:30 a.m.-12:30 p.m., \$40, Studio B