

JANUARY-FEBRUARY 2019

PRO CLUB GROUP FITNESS CLASSES

ENROLLMENT

- Fit Mom
- Fitness Retreats
- Half Marathon Training
- Karate
- KIDyoga
- Mountain Conditioning
- Pilates Reformer
- PROstrike!
- SHRED
- Racquet Cross Training
- Tai Chi
- Workshops

GROUPex

- BollyWorks FITNESS
- Circuit Training
- Happy Hour Yoga
- HIGH Fitness®
- Pilates Mat Plus
- PRObarre
- PROjam
- TRX®
- Yoga
- Zumba® fitness

FREE

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

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:30			Mountain Conditioning 5:30-6:55 Studio A		Mountain Conditioning 5:30-6:55 Studio A		
6:00		POWER R/DE 6:00-6:55 Studio R/DE		POWER R/DE 6:00-6:55 Studio R/DE		POWER R/DE 6:00-6:55 Studio R/DE	
6:30		SHRED 6:00-6:55 Studio B Barbell STRONG 6:00-6:55 Studio A Circuit Training 6:15-7:10 Circuit Studio	Cardio Core 6:30-7:25 Studio A PROstrike! 6:30-7:25 Studio B Vinyasa Flow Yoga 6:30-7:25 Yoga Studio	Barbell STRONG 6:00-6:55 Studio A Circuit Training 6:15-7:10 Circuit Studio	Cardio Core 6:30-7:25 Studio A PROstrike! 6:30-7:25 Studio B Vinyasa Flow Yoga 6:30-7:25 Yoga Studio	SHRED 6:00-6:55 Studio B Circuit Training 6:15-7:10 Circuit Studio	
7:00		Pilates Reformer 7:00-7:55 Reformer St.	Circuit Training 7:00-7:55 Circuit Studio	Pilates Reformer 7:00-7:55 Reformer St.	Circuit Training 7:00-7:55 Circuit Studio		
7:30		Half Marathon Training 7:30-8:25 Circuit Studio SHRED 7:30-8:25 Studio B	REV/C 7:00-7:55 Studio R/DE	Half Marathon Training 7:30-8:25 Circuit Studio TRX® Total Body 7:30-8:25 Studio B	R/DE 45 7:00-7:55 Studio R/DE	SHRED 7:30-8:25 Studio B	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
8:00		Feel Good Cardio Sculpt 8:00-8:55 Studio A		Feel Good Cardio Sculpt 8:00-8:55 Studio A		Feel Good Cardio Sculpt 8:00-8:55 Studio A	POWER R/DE 8:00-8:55 Studio R/DE
8:30							Cardio Dance Step 8:30-9:40 Studio A Junior Karate 8:30-9:25 Studio B
9:00	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 Pilates Mat Plus 9:00-9:55 Yoga Studio		Circuit Training 9:00-9:55 Circuit Studio		Circuit Training 9:00-9:55 Circuit Studio	Vinyasa Flow Yoga (Yin Yoga last Friday) 9:00-10:10 Yoga Studio	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 St. REV/C 9:15-10:10 Studio R/DE
9:30		PRObarre 9:30-10:25 Yoga Studio POWER R/DE 9:30-10:25 Studio R/DE HIGH Fitness 9:30-10:40 Studio A Pilates Reformer 9:30-10:25 Reformer St.	Step Circuit 9:30-10:25 Studio A SHRED 9:30-10:25 Studio B	PRObarre 9:30-10:25 Yoga Studio POWER R/DE 9:30-10:25 Studio R/DE Kickbox BLAST! 9:30-10:25 Studio A	Step Circuit 9:30-10:25 Studio A SHRED 9:30-10:25 Studio B	PRObarre 9:30-10:25 Studio B POWER R/DE 9:30-10:25 Studio R/DE HIGH Fitness 9:30-10:40 Studio A Pilates Reformer 9:30-10:25 Reformer St.	PRObarre 9:30-10:25 Studio B Adult Karate (11 & older) 9:30-10:25 Discovery B. ZUMBA® fitness 9:45-10:40 Studio A
10:00		Women's Circuit 10:00-10:55 Circuit St.	Women's Circuit 10:00-10:55 Circuit St. Vinyasa Flow Yoga 10:15-11:25 Yoga Studio	Women's Circuit 10:00-10:55 Circuit St.	Women's Circuit 10:00-10:55 Circuit St. Vinyasa Flow Yoga 10:15-11:25 Yoga Studio	Women's Circuit 10:00-10:55 Circuit St.	Racquet Cross Training 10:00-10:55 Circuit St.
10:30	KIDyoga 10:30-11:15 Yoga Studio BollyWorks FITNESS 10:30-11:25 Studio A	Pilates Mat Plus 10:30-11:25 Studio B Back to Yoga Basics 10:30-11:40 Yoga Studio ZUMBA® fitness 10:45-11:40 Studio A	Feel Good + RENEW 10:30-11:25 Studio A PROjam 10:30-11:40 Studio B	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	Feel Good + RENEW 10:30-11:25 Studio A PROjam 10:30-11:40 Studio B	Pilates Mat Plus 10:30-11:25 Studio B ZUMBA® fitness 10:45-11:40 Studio A	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
12:00		Circuit Training 12:00-12:55 Circuit St.	Circuit Training 12:00-12:55 Circuit St.	Circuit Training 12:00-12:55 Circuit St.	Circuit Training 12:00-12:55 Circuit St.	Circuit Training 12:00-12:55 Circuit St.	
12:30		POWER R/DE 12:00-12:55 S. R/DE Barbell STRONG 12:00-12:55 Studio A PRObarre 12:00-12:55 Yoga St. Pilates Reformer 12:00-12:55 Reformer St. Fit Mom 12:00-12:55 Studio B	TRX Form & Function 12:00-12:55 Studio B R/DE 45 12:00-12:55 S. R/DE Ultimate Legs 12:00-12:55 Studio A Vinyasa Flow Yoga 12:00-12:55 Yoga St. Pilates Cardio Reformer 12:00-12:55 Reformer St.	HIGH Fitness 12:00-12:55 Studio B POWER R/DE 12:00-12:55 S. R/DE Barbell STRONG 12:00-12:55 Studio A	TRX Form & Function 12:00-12:55 Studio B R/DE 45 12:00-12:55 S. R/DE Ultimate Legs 12:00-12:55 Studio A Vinyasa Flow Yoga 12:00-12:55 Yoga St. Pilates Reformer 12:00-12:55 Reformer St.	BollyWorks FITNESS 12:00-12:55 Studio A REV/C 12:00-12:55 S. R/DE PRObarre 12:00-12:55 Yoga St. Fit Mom 12:00-12:55 Studio B	
1:00		Ultimate Abs 1:00-1:25 Studio A	Feel Good + STRETCH 1:00-1:25 Studio A	Ultimate Abs 1:00-1:25 Studio A	Feel Good + STRETCH 1:00-1:25 Studio A		
4:30		Happy Hour Circuit 4:30-5:25 Circuit Studio Happy Hour Yoga 4:30-5:25 Yoga Studio	Happy Hour Circuit 4:30-5:25 Circuit Studio Happy Hour Yoga 4:30-5:25 Yoga Studio Junior Karate 4:30-5:25 Studio A KIDyoga 4:30-5:15 Studio B	Happy Hour Circuit 4:30-5:25 Circuit Studio Happy Hour Yoga 4:30-5:25 Yoga Studio	Happy Hour Circuit 4:30-5:25 Circuit Studio Happy Hour Yoga 4:30-5:25 Yoga Studio	Happy Hour Circuit 4:30-5:25 Circuit Studio Happy Hour Yoga 4:30-5:25 Yoga Studio	
5:30		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	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	Cardio Core 5:30-6:25 Studio A PRObarre 5:30-6:25 Studio B Pilates Mat Plus 5:45-6:40 Yoga Studio	Ultimate Arms 5:30-6:25 Studio A PROstrike! 5:30-6:25 Studio B Vinyasa Flow Yoga 5:45-6:55 Yoga Studio	Friday Club Night Ultimate 6-Pack Remixed! 5:30-6:25 Studio A Friday Club Night ZUMBA® fitness 5:30-6:45 Pavilion	
6:00		Circuit Training 6:00-6:55 Circuit Studio POWER R/DE 6:00-6:55 Studio R/DE	Pilates Reformer 6:00-6:55 Reformer St.	Circuit Training 6:00-6:55 Circuit Studio REV/C 6:00-6:55 Studio R/DE	Pilates Cardio Reformer 6:00-6:55 Reformer St.	Friday Club Night TRX® Triple Threat! 5:45-6:40 Studio B	
6:30		Pilates Reformer 6:30-7:25 Reformer St. Barbell STRONG 6:30-7:25 Studio A HIGH Fitness 6:30-7:25 Studio B	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	Pilates Reformer 6:30-7:25 Reformer St. Barbell STRONG 6:30-7:25 Studio A HIGH Fitness 6:30-7:25 Studio B	CANCELLED 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		
7:00		Back to Yoga Basics 7:00-8:10 Yoga Studio	PRObarre 7:05-8:00 Yoga Studio	Back to Yoga Basics 7:00-8:10 Yoga Studio	PRObarre 7:05-8:00 Yoga Studio		
7:30		Half Marathon Training 7:30-8:25 Circuit Studio SHRED 7:30-8:25 Studio B Ultimate Arms 7:35-8:30 Studio A	Barbell STRONG 7:30-8:40 Studio A Traditional Tai Chi (Level 1) 7:30-8:40 Studio B	Half Marathon Training 7:30-8:25 Circuit Studio SHRED 7:30-8:25 Studio B Ultimate Legs 7:30-8:25 Studio A	Barbell STRONG 7:30-8:40 Studio A Traditional Tai Chi (Level 2) 7:30-8:40 Studio B		

E = ENROLLMENT
P = DROP-IN \$
F = FREE

GROUP FITNESS CLASSES

ENROLLMENT CLASSES

MONTHLY

KIDyoga (Ages 6-12)

(Jan. 6-29, Feb. 3-26, \$48 Member, \$58 Child of Member) 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.

Mountain Conditioning

(Jan. 3-31, Feb. 5-28, \$80-\$90) 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 (Ages 18+)

(Jan. 3-31, Feb. 5-28, \$100-\$125) 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 (Ages 18+)

(Jan. 2-31, Feb. 1-28, \$100-\$125) 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.

Racquet Sport Cross Training (Ages 10+)

(Jan. 5-26, Feb. 2-23, \$80) Take quickness and strength for any racquet sport to the next level with carefully-programmed strength and speed conditioning.

BI-MONTHLY

Adult Karate: Okinawan Goju Ryu (Ages 11+)

(Jan. 5-Feb. 26, \$144) 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 2/16 & 2/19 due to recognition day.

Junior Karate (Ages 5-10)

(Jan. 5-Feb. 26, \$120 Member, \$144 Child of Member) 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 2/16 & 2/19 due to recognition day.

PROstrike!

(Jan. 8-Feb. 28, \$160) 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 experience required.

Traditional Tai Chi (Level 1)

(Jan. 8-Feb. 26, \$100) 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.

Traditional Tai Chi (Level 2)

(Jan. 10-Feb. 28, \$100) Continue your practice of the traditional Yang style Tai Chi form. Prerequisite: Traditional Tai Chi (Level 1).

SEASONAL

NEW! Fit Mom

(Jan. 14-Mar. 29, \$220) Whether you were just cleared for exercise post-partum or have older children, join our tribe of women! You'll receive accountability and community as you get stronger, inside and out. Includes pre and post-fitness assessments and weekly educational newsletters that are sure to keep you motivated even when you're outside class.

Half Marathon Training Program

(Jan. 14-Mar. 20, \$250) Whether you're a seasoned or novice runner, you'll want to be prepared to run your best race. Join us for indoor cross-training and outdoor runs with expert coaching and group camaraderie.

SHRED

(Jan. 14-Mar. 22, \$200) Increase cardiovascular endurance, fat loss, strength and lean muscle mass in this 10-week enrollment class. Registration includes body composition testing to track your progress.

GROUPEX CLASSES

- GROUPEX Monthly Unlimited: \$60

Valid for 30 days from the date of purchase. For auto-renew option, individuals must be enrolled in Monthly Unlimited. Bonus: Members with an active GROUPEX Monthly Unlimited package, receive 10% off Group Fitness Enrollment Classes and Workshops in Bellevue and Seattle.

- GROUPEX 10-Class Pack: \$50 Valid for 6-months from date of purchase.

- Drop-In: \$12 One-Class

Not valid for Aquatic Fitness or Group Fitness enrollment programs.

BARRE

PRObarre

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

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

Have fun 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.

HYBRID

Circuit Training

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

GROUPEX Continued...

HIGH Fitness

Choreographed, interval 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.

PILATES

Pilates Mat Plus

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

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.

YOGA

Back to Yoga Basics

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 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 CLASSES

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!

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!

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.

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 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.

Step Circuit

Like step choreography and the total body workout circuit training gives you? Experience 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?

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!

Ages 14 and older and members only unless otherwise stated. Prices do not include sales tax. All classes subject to change without notice. Please visit proclub.com for most current class schedule. To enroll or purchase a class package, please visit the Front Desk Concierge or call (425) 885-5566. For more information, please contact the Group Fitness Director, Staci Alden at salden@proclub.com.



Fit Mom

Whether you were just cleared for exercise post-partum or have older children, join our tribe of women! You'll receive accountability and community as you get stronger, inside and out. Includes pre and post-fitness assessments and weekly educational newsletters that are sure to keep you motivated even when you're outside class.

Mondays & Fridays, January 14-March 29

12:00-12:55 p.m., \$220, Studio B



SHRED

Increase cardiovascular endurance, fat loss, strength and lean muscle mass in this enrollment class. Registration includes body composition testing to track your progress and see results!

January 14-March 22, \$200, Studio B

Choice of:

Mondays & Fridays, 6:00-6:55 a.m. w/Chad

Mondays & Fridays, 7:30-8:25 a.m. w/Hollie

Mondays & Wednesdays, 7:30-8:25 p.m. w/Janelle

Tuesdays & Thursdays, 9:30-10:25 a.m. w/Melissa



Yoga for Beginners Workshop

Whether you've never rolled out a yoga mat, you'd just 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!

Sunday, January 13, \$40, Yoga Studio, w/Andrea



BollyWorks for Beginners Workshop

Like to dance? Jump into a BollyWorks FITNESS class and have fun while getting fit! This workshop breaks down the most common steps you'll see in class to feel more successful. Whether you've never taken a BollyWorks FITNESS class, would like a refresher on the basics, or have been away from dancing for some time, join us. For extra fun, invite your friends or family members and make it a dance party!

Sunday, January 27, \$40, Studio A, w/Pashmi & Kanchan

HOLIDAY SCHEDULE

New Year's Eve:

- POWER R/DE, 9:00-10:30 a.m., Studio R/DE, Janelle
- Cardio Core, 9:30-10:25 a.m., Studio A, Miho
- HIGH Fitness, 10:30-11:25 a.m., Studio A, Melissa & Miho

No classes on New Year's Day.