

PRO CLUB

GROUP FITNESS CLASSES

SCHEDULE

# FREE MAR-APR 2024

All classes included with membership. Ages 14+ unless otherwise stated.

Class schedule is subject to change without notice. Class schedules are the most current on **proclub.com**. Registration is required.

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
6:00						<b>POWER R/DE</b> 6-7:00   Studio R/DE	
6:30		<b>TRX® Total Body</b> 6:30-7:25   Studio B <b>Fit Lab 2</b> 6:30-7:25   Fit Lab	<b>Cardio Core</b> 6:30-7:20   Studio B <b>All-Levels Yoga</b> 6:30-7:25   Yoga Studio	<b>STRONG</b> 6:30-7:20   Studio A	<b>TRX® Total Body</b> 6:30-7:25   Studio B <b>All-Levels Yoga</b> 6:30-7:25   Yoga Studio	<b>Fit Lab 3</b> 6:30-7:25   Fit Lab	
7:00							
7:30							<b>TRX® Total Body</b> 7:30-8:25   Studio B
8:00		<b>Feel Good Cardio Sculpt</b> 8-8:55   Studio A	<b>30-Min Stretch</b> 8-8:30   Yoga Studio	<b>Feel Good Cardio Sculpt</b> 8-8:55   Studio A	<b>30-Min Stretch</b> 8-8:30   Yoga Studio	<b>Feel Good Cardio Sculpt</b> 8-8:55   Studio A	
9:00	<b>POWER R/DE</b> 9-10   Studio R/DE <b>STRONG</b> 9-9:50   Studio A <b>Fit Lab 2</b> 9-9:55   Fit Lab <b>Soulful Sundays</b> 9:15-10:10   Studio B		<b>Step &amp; Strength</b> 9-9:55   Studio A  <b>ZUMBA®</b> 9:15-10:10   Studio B		<b>Step &amp; Strength</b> 9-9:55   Studio A  <b>ZUMBA®</b> 9:15-10:10   Studio B		<b>POWER R/DE</b> 9-10   Studio R/DE <b>Fit Lab 2</b> 9-9:55   Fit Lab <b>ZUMBA®</b> 9:15-10:10   Studio A
9:30		<b>HIGH Fitness®</b> 9:30-10:25   Studio A <b>POWER R/DE</b> 9:30-10:30   Studio R/DE <b>PRObarre</b> 10-10:55   Studio B		<b>High Fitness</b> 9:30-10:25   Studio A <b>POWER R/DE</b> 9:30-10:30   Studio R/DE		<b>HIGH Fitness®</b> 9:30-10:25   Studio A <b>PRObarre</b> 9:30-10:25   Studio B	
10:00	<b>Fit Lab 2</b> 10:15-11:05   Fit Lab	<b>Fit Lab 1</b> 10-10:55   Fit Lab	<b>Fit Lab 2</b> 10-10:55   Fit Lab  <b>Pilates Mat</b> 10-10:55   Yoga Studio	<b>Fit Lab 2</b> 10-10:55   Fit Lab	<b>Fit Lab 3</b> 10-10:55   Fit Lab  <b>Pilates Mat</b> 10-10:55   Yoga Studio		<b>POWER R/DE (Jan/Feb)</b> 10:15-11:15   Studio R/DE
10:30	<b>PRO Bollywood</b> 10:30-11:25   Studio A <b>All-Levels Yoga</b> 10:30-11:25   Studio B		<b>All-Levels Yoga</b> 10:30-11:25   Studio B	<b>TRX® Total Body</b> 10:30-11:25   Studio B	<b>All Levels Yoga</b> 10:30-11:25   Studio B	<b>Pilates Mat</b> 10:30-11:25   Studio B	<b>HIGH Fitness®</b> 10:30-11:25   Studio A <b>All-Levels Yoga</b> 10:30-11:25   Studio B <b>Fit Lab 2</b> 10:30-11:25   Fit Lab
11:00		<b>Pilates Mat</b> 11-11:55   Yoga Studio	<b>Feel Good + RENEW</b> 11-11:55   Studio A	<b>Pilates Mat</b> 11-11:55   Yoga Studio	<b>Feel Good + RENEW</b> 11-11:55   Studio A		
12:00	<b>All-Levels Yoga</b> 12-12:55   Studio B	<b>STRONG</b> 12-12:50   Studio A <b>All-Levels Yoga</b> 12:05-1   Yoga Studio <b>Fit Lab 2</b> 12-12:55   Fit Lab	<b>STRONG</b> 12-12:50   Studio A <b>TRX® Total Body</b> 12-12:55   Studio B	<b>Fit Lab 2</b> 12-12:55   Fit Lab <b>Back to Basics Yoga</b> 12:05-1   Studio B	<b>TRX® Total Body</b> 12-12:55   Studio B <b>STRONG</b> 12-12:50   Studio A	<b>STRONG</b> 12-12:50   Studio A <b>Candlelight Flow</b> 12-12:55   Studio B <b>Fit Lab 2</b> 12-12:55   Fit Lab	<b>All-Levels Yoga</b> 12-12:55   Studio B
4:00		<b>Kids Fit Lab</b> 4:30-5:15   Fit Lab	<b>Kids Fit Lab</b> 4:30-5:15   Fit Lab	<b>Candlelight Flow</b> 4:15-5:10   Studio B <b>Kids Fit Lab</b> 4:30-5:15   Fit Lab	<b>Kids Fit Lab</b> 4:30-5:15   Fit Lab <b>Pilates Mat</b> 4:30-5:25   Yoga Studio	<b>Candlelight Flow</b> 4:15-5:10   Studio B	
5:00			<b>Cardio Core</b> 5-5:50   Studio A	<b>PRObarre</b> 5-5:55   Yoga Studio	<b>Kickbox &amp; Strength</b> 5-5:50   Studio A		
5:30		<b>STRONG</b> 5:30-6:20   Studio A <b>TRX® Total Body</b> 5:30-6:25   Studio B <b>Fit Lab 3</b> 5:30-6:25   Fit Lab	<b>PRObarre</b> 5:30-6:25   Studio B <b>All-Levels Yoga</b> 5:30-6:25   Yoga Studio	<b>STRONG</b> 5:30-6:20   Studio A <b>Pilates Mat</b> 5:30-6:25   Studio B <b>Fit Lab 3</b> 5:30-6:20   Fit Lab	<b>PRObarre</b> 5:30-6:25   Studio B <b>All-Levels Yoga</b> 5:30-6:25   Yoga Studio	<b>ZUMBA®</b> 5:30-6:25   Studio A <b>TRX® Total Body</b> 5:30-6:25   Studio B <b>Fit Lab 3</b> 5:30-6:20   Fit Lab	
6:00		<b>POWER R/DE</b> 6-6:55   Studio R/DE	<b>Ultimate Legs</b> 6-6:50   Studio A	<b>R/DE STRONG</b> 6-7:00   Studio R/DE	<b>STRONG</b> 6-6:50   Studio A		
6:30		<b>High Fitness</b> 6:30-7:25   Studio A <b>Ultimate Legs</b> 6:30-7:20   Studio B	<b>ZUMBA®</b> 6:30-7:25   Studio B <b>Fit Lab 1</b> 6:30-7:25   Fit Lab <b>Back To Basics Yoga</b> 6:35-7:30   Yoga Studio	<b>High Fitness</b> 6:30-7:25   Studio A <b>Fit Lab 2</b> 6:30-7:25   Fit Lab	<b>All-Levels Yoga</b> 6:35-7:30   Yoga Studio <b>Fit Lab 2</b> 6:30-7:25   Fit Lab		
7:00		<b>Slow Flow Yoga</b> 7-7:55   Yoga Studio	<b>PRO Bollywood</b> 7-7:55   Studio A	<b>Back To Basics Yoga</b> 7-7:55   Yoga Studio	<b>ZUMBA®</b> 7-7:55   Studio A		

= MYZONE

# CLASS DESCRIPTIONS

## DANCE

**PRO BOLLYWOOD** / Enjoy a fun class 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!

**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 throughout class.

**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.

## FIT LAB

**FIT LAB 1** / Increase your endurance. Move between cardio exercises and strength exercises 1 TIME. Burn fat while building stamina as you experience 20+ minutes of pure cardio and 20+ minutes of strength.

**FIT LAB 2** / Increase your strength and burn calories. Move between cardio exercises and strength exercises 2 TIMES. Blend 10 minutes of energizing cardio with 10 minutes of muscle strengthening. Rinse and repeat for a classic circuit experience.

**FIT LAB 3** / Increase your power. Move between cardio exercises and strength exercises 3 TIMES. Experience a rush of adrenaline as you maximize your power alternating between 6-minute cardio and strength bursts.

## STUDIO R/DE

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

**R/DE STRONG** / MyZone class. 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!

## TRX®

**TRX® TOTAL BODY** / Redefine your body without lifting a single weight! Get a fast, fun, and effective workout using innovative suspension training using a TRX® Suspension Trainer. Build strength, power, and balance using your own body weight in this unique class. Must have a TRX® and a safe way of securing it.

## MIND & BODY

**ALL-LEVELS YOGA** / Experience a combination of movement and breath in flowing postures to build core strength and bring focus to your body and mind.

**BACK TO BASICS YOGA** / A slower paced practice designed to help you build and master the basic fundamentals of yoga. More detailed instruction helps deepen your understanding of the basics so that you may start a successful yoga practice. Suitable for all levels. Ages 14+.

**CANDLELIGHT FLOW YOGA** / Experience a combination of movement and breath in flowing postures to build core strength and bring focus to your body and mind.

**SLOW FLOW YOGA** / PRO Club slow flow focuses on developing a strong base for students to build upon as they journey through their own yoga practice, regardless of experience level. Poses are held for 3-5 breaths, emphasizing alignment, technique, and stability. Typically, 1-2 peak poses will be taught by safely getting your body ready during the class to enter the peak pose. Modifications and assists as necessary to make sure you can embody the fullest expression of the poses in your body. Ages 14+.

**PILATES MAT** / Experience Pilates with the added fun of small equipment to tone, stabilize and increase muscle endurance.

**PROBARRE** / Combine toning and sculpting with elongated movements to strengthen your muscles and increase mobility.



## CARDIO & STRENGTH

**CARDIO CORE** / 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!

**FEEL GOOD CARDIO SCULPT** / Mix high-energy yet low-impact moves on the floor and step. Strength training, balance and core exercises finish this total body workout.

**FEEL GOOD & RENEW** / Mix high-energy yet low impact moves on the floor and step. Strength training, balance and core exercises finish this total body workout.

**KICKBOX AND STRENGTH** / Kickboxing is a high-energy, fast-paced martial arts-inspired workout that is completely non-contact. Dynamic kicking and striking drills are timed to fierce music that will keep you motivated as you sweat!

**STEP & STRENGTH** / Do you like step choreography and the total body workout circuit training? Experience both in this high energy class! mobility.

## STRENGTH

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

**ULTIMATE LEGS** / Increase dynamic strength and flexibility through extreme lower body training and core work...need we say more?

**myzone** The ultimate tool for anyone who wants a precise (99.4% accurate), gamified and motivating wearable to monitor physical activity. Myzone monitors heart rate, calories, and time exercising - which convert into Myzone Effort Points (MEPs), focusing on rewarding effort rather than fitness. PRO Shop: \$89.95

## WORKSHOPS

### RESTORATIVE YOGA + SOUND BATH

Sun, Mar 10 | 6:30-8pm | \$35

Sound and vibration can help the body and nervous system relax. After a gentle yoga practice, be immersed in a sound bath and experience greater clarity and calmness. There will also be a short lecture on the effects of certain sounds and how to incorporate healing sounds in everyday life.

## PAID ENROLLMENT

### MOUNTAIN CONDITIONING \$120-135

Tue/Thu 5:30-7am, Mar 5 - 28 & Apr 2-30

Guaranteed to wake you up and get you ready to work out in the wild! Muscular strength and endurance, stability, and cardio rolled into an ever-changing, fast-paced format.

### PILATES REFORMER \$35 drop-in

Step onto one of our Pilates Reformers in our Reformer Studio and strengthen your core and define fine muscle groups.

### PRO JAM \$60-75

Sat 10:30am, Mar 2-30 & Apr 6-27

Move your body to the freshest beats and enjoy your calorie burn in this lively cardio dance class led by Terry McKinnon. Celebrate music, pick up some new moves, and love your work out! Low to medium impact dance. Suitable for all levels.

### PRO STRIKE \$60

Sat 9am, Mar 2-30 & Apr 6-27

MyZone class. Increase cardio endurance, coordination, speed and balance, all while decreasing stress in this empowering class. Includes the use of heavy bags and focus mitts, body-weight strength drills and powerful cardio. No previous combat experience required. Bag training gloves required, and not provided by PRO.

### YOGA THERAPY FOR MIGRAINE MANAGEMENT \$160

Sun 4:30-6pm, Apr 21 - Jun 9

Learn techniques to ease the effects and reduce the frequency of migraines. This eight-week course will start with a one-on-one assessment with Yoga instructor Megan Gray, and includes group focused Yoga classes, as well as individualized practices to support migraine management.