

SEPT.-OCT. 2023

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.

PRO CLUB GROUP FITNESS CLASSES

SCHEDULE

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

REV/C / 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® - POWER / Get a fast, fun, and effective workout using the TRX® Suspension Trainer to develop your core and stabilizing muscles, alternating with circuits using the 360 step to work balance and increase intensity. Our expert instructors with MORE than just a TRX® background bring you an enjoyable, challenging, and efficient workout.

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 / For beginners and advanced students who wish to deepen their yoga practice. 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.

TRIPLE THREAT CIRCUIT / Triple Threat Circuit: A challenging, triple threat workout combining cardio, strength, and core built to rev up your metabolism and give you maximum calorie burn! Designed for all fitness levels, you'll utilize a variety of equipment and your own bodyweight to increase your cardio capacity, improve strength, and challenge your core in this fun and varied circuit-style class. Ages 14+

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?



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 AND SOUND BATH

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 whenever possible. Cost \$35 each workshop. Guests \$55 (Guest fee included). Registration opens 30 days prior.

Instructor: Megan Gray

Sunday, September 10

6:30-8:00 pm

Cost: \$35

POWER VINYASA YOGA

The Power workshop will be a 1 hour practice that will include much more core, using yoga blocks as weights, exercise bands as resistance in many of the poses and overall a much quicker tempo with a HIIT/cardio component in the vinyasa flow. The instructor, Chelsey Ocean, is a Rasa based yoga teacher so there will a pranayama, mudra and mantra component. The last 30 minutes will be left to work towards a peak pose, example an arm balance, or inversion. Yoga experience needed. Ages 14+

Instructor: Chelsey Ocean

Saturday, September 16

12-1:30 pm

Cost: \$35

PRE AND POSTNATAL YOGA

Designed for moms preparing for their birth experience and the journey into motherhood, this workshop takes the time to honor the journey and create space for mom and baby to connect. Includes a gentle practice, reflection, journaling, and connection with other expecting moms.

This workshop will also include:

- Birth wisdoms and practice to prepare for labor and delivery
- Yoga poses that open the pelvis for baby during child birth
- Yoga poses to strengthen the pelvic floor prenatal and during postpartum healing
- Meditations for expecting moms
- Explorations of what it means to "own your birth experience"

Instructor: Chelsey Ocean

Saturday, September 23

12-2 pm

Cost: \$35

YIN YOGA

Join Megan in this introduction to Yin yoga. Yin is the opposite of yang, and in most yoga practices where we are moving of flowing -this is typically a Yang practice. Yin is the opposite of this very -little movement creating space, opening up, releasing fascia, and turning our attention inward. In this workshop, we will explore the foundations of Yin, some of the basic poses of Yin, the purpose of Yin, and then a master class of Yin.

Saturday, October 8

5-6:30 pm

Cost: \$35