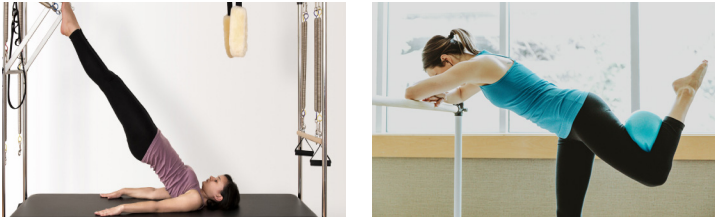


SEATTLE GROUP FITNESS



JANUARY-FEBRUARY 2020

FREE! Studio Showcase

Join us and experience 15-minutes each of our five signature classes as you break for sips and snacks along the way and collect swag. You'll start in Studio 501 with HIGH Fitness and IGNITE, progress through the private Pilates studio for a quick equipment tour, then move to Studio Mixx for an all-levels cycling class, PRObarre, and end with a cool down in Gentle Flow Yoga. Sign-up at the Front Desk Concierge to save your spot!

Thursday, January 16th
5:30-7:30 p.m.
Start in Studio 501
2290100



FREE CLASSES

Gentle Flow Yoga | Practice moving through gentle yoga postures with the breath while bringing focus to your body and mind.

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.

IGNITE Ages 18+ | Fire up your metabolism and motivation with strategic high intensity strength and cardio training.

Latin Hip Hop Workout | Work out to a new rhythm with calorie-melting, high-energy, low-to-medium-impact dance moves as we celebrate Latin hip-hop music.

NEW! LIMBER | Complement your workout with a 30-minute, guided, full-body stretch.

Pilates Mat Plus | Experience Pilates with the added fun of small equipment to tone, stabilize and increase muscle endurance.

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

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

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

NEW! TRX Total Body | Turn your workout upside down and redefine your body without lifting a single weight! Get a fast, fun, and effective workout using innovative suspension training. Build strength, power, and balance using your own body weight in this unique class.

NEW! TRX Training & Mobility | Get functional, total body training including multi-joint strength exercises, followed by increasing your mobility using the suspension trainer and foam roller.

Ultimate 6-Pack | Emphasize the "core" in this hardcore workout combining strength and cardio to build a lean, fit body.

Ultimate Legs | Increase dynamic strength and stability through ultimate lower body training.

Ultimate Strength | No frills. No fancy choreography. Just serious strength training using weighted equipment.

Upper Cut & Core | Heart-pumping cardio kickboxing drills meet core strengthening for ultimate body conditioning.

SEATTLE GROUP FITNESS CLASS SCHEDULE

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
6:00				NEW TRX Total Body 6:00-6:55 Studio Mixx			
6:30		POWER R/DE 6:15-7:10 Studio Mixx	IGNITE 6:30-7:25 Studio 501		IGNITE 6:30-7:25 Studio 501	Ultimate Strength 6:30-7:25 Studio Mixx	
7:00							
7:30		Ultimate 6-Pack 7:30-8:25 Studio Mixx		Ultimate Legs 7:30-8:25 Studio Mixx			
8:00							IGNITE 8:00-8:55 Studio 501
8:30							
9:00	IGNITE 9:00-9:55 Studio 501						
9:30			IGNITE 9:30-10:25 Studio 501		IGNITE 9:30-10:25 Studio 501		POWER R/DE 9:15-10:10 Studio Mixx
10:00	Gentle Flow Yoga 10:00-10:55 Studio Mixx						
10:30							Pilates Mat Plus 10:30-11:25 Studio Mixx
11:00							
11:30							
12:00		IGNITE 12:00-12:55 Studio 501	R/DE 45 12:00-12:45 Studio Mixx	IGNITE 12:00-12:55 Studio 501	R/DE 45 12:00-12:45 Studio Mixx	IGNITE 12:00-12:55 Studio 501	
12:30		NEW TRX Training & Mobility 12:00-12:55 Studio Mixx		PRObarre 12:00-12:55 Studio Mixx		Gentle Flow Yoga 12:00-12:55 Studio Mixx	
1:00			NEW LIMBER 1:00-1:25 Studio Mixx		NEW LIMBER 1:00-1:25 Studio Mixx		
1:30							
5:30		Latin Hip Hop 5:30-6:25 Studio Mixx	NEW PRObarre 5:30-6:25 Studio Mixx		NEW Pilates Mat Plus 5:30-6:25 Studio Mixx		
6:00				Upper Cut & Core 6:00-6:55 Studio Mixx			
6:30	NEW Gentle Flow Yoga 6:30-7:25 Studio Mixx		POWER R/DE 6:30-7:25 Studio Mixx		HIGH Fitness 6:30-7:25 Studio Mixx		
7:00							
7:30							

SEATTLE PRO CLUB • 501 EASTLAKE AVE E, 2ND FLOOR, SEATTLE, WA 98109 • 206.332.1873 • PROCLUB.COM

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. For more information, please contact the Group Fitness Director, Staci Alden at salden@proclub.com.