

GROUP FITNESS PROGRAMS

PAID/ENROLLMENT SEP-OCT 2025

Program schedule is subject to change without notice. Program schedules are the most current on the **Connect App**. Registration is required.

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:30			Mountain Conditioning 5:30-7 Studio A		Mountain Conditioning 5:30-7 Studio A		
7:00				Ski Conditioning 7-8 Studio B			
8:30							Pilates Reformer 8:30-9:25 Pilates Reformer Studio
9:00	Pilates Reformer 9-9:55 Pilates Reformer Studio				Pilates Reformer 9-9:55 Pilates Reformer Studio		
9:30		Pilates Reformer 9:30-10:25 Pilates Reformer Studio	Pilates Reformer 9:30-10:25 Pilates Reformer Studio	Pilates Reformer 9:30-10:25 Pilates Reformer Studio		Pilates Reformer 9:30-10:25 Pilates Reformer Studio	Pilates Reformer Advanced 9:30-10:25 Pilates Reformer Studio
12:00		Pilates Reformer 12-12:55 Pilates Reformer Studio	Pilates Reformer 12-12:55 Pilates Reformer Studio	Pilates Reformer 12-12:55 Pilates Reformer Studio	Pilates Reformer 12-12:55 Pilates Reformer Studio	Pilates Reformer 12-12:55 Pilates Reformer Studio	
5:30		Pilates Reformer 5:30-6:25 Pilates Reformer Studio	Pilates Reformer 5:30-6:25 Pilates Reformer Studio		Pilates Reformer 5:30-6:25 Pilates Reformer Studio		
6:00				Pilates Reformer 6:00-6:55 Pilates Reformer Studio			
6:30					Pilates Reformer 6:35-7:30 Pilates Reformer Studio		

PROGRAM DESCRIPTIONS

MOUNTAIN CONDITIONING

Tue/Thu, 5:30-6:55am

\$120 - 135 monthly enrollment

(\$15 per class for 8-9 classes per month)

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 CLASSES

\$90 - 112.50 monthly enrollment

(\$22.50 per class for 4-5 classes per month)

Or \$35 per class, drop-in

Enjoy the benefits of a consistent practice and added savings. Develop lean, defined muscles and functional strength with high-intensity, low-impact movements to help you look and feel your best.

Email pilates@proclub.com to secure your spot.

A minimum of 6 participants is needed.

SKI CONDITIONING

Wed, 7-8am

\$60 - 75 monthly enrollment

(\$15 per class for 4-5 classes per month)

Get slope-ready with focused training to build strength, skills, and endurance for the upcoming season. No prior ski experience needed—beginners are welcome!

Email mvanpeursesem@proclub.com to secure your spot.

LATE ARRIVALS: At the class start time, late arrivals will have their spots released to those who are present and on the waiting list if applicable, to minimize disruptions and ensure a proper warm-up. Ages 14+ and members only unless otherwise stated. All classes subject to change without notice. Please check the Connect App for most current class schedule. For more information, please contact the Group Fitness Manager, Mackenzie Van Peursesem at mvanpeursesem@proclub.com.