

# FREE MARCH-APRIL 2026

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

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

# PRO CLUB GROUP FITNESS CLASSES

# SCHEDULE

| TIME  | SUN   | MON  | TUES  | WED  | THUR  | FRI  | SAT  |
|-------|---|--|---|--|---|--|--|
| 6:00  |   | Meditate with Yin<br>6:15-7:10   Yoga Studio   | All-Levels Yoga<br>6:15-7:10   Yoga Studio  |  | All-Levels Yoga<br>6:15-7:10   Yoga Studio  |  |  |
| 6:30  |   | <b>STRONG</b><br>6:30-7:25   Studio A<br><b>Fit Lab</b><br>6:30-7:25   Fit Lab   | Cardio Core<br>6:30-7:20   Studio A   | <b>POWER R/DE</b><br>6:30-7:30   Studio R/DE<br><b>STRONG</b><br>6:30-7:20   Studio A  | Ultimate Legs<br>6:30-7:20   Studio A   | <b>Fit Lab</b><br>6:30-7:25   Fit Lab  |  |
| 7:30  |   | <b>Fit Lab</b><br>7:30-8:25   Fit Lab  | <b>Fit Lab</b><br>7:30-8:25   Fit Lab   |  | <b>Fit Lab</b><br>7:30-8:25   Fit Lab   | <b>Fit Lab</b><br>7:30-8:25   Fit Lab  | TRX® Total Body<br>7:30-8:25   Studio B  |
| 8:00  |   | Feel Good Cardio Sculpt<br>8-8:55   Studio A   | Feel Good + Stretch<br>8-8:25   Yoga Studio   | Feel Good Cardio Sculpt<br>8-8:55   Studio A   | Feel Good + Stretch<br>8-8:25   Yoga Studio   | Feel Good Cardio Sculpt<br>8-8:55   Studio A   | Advanced Cardio Dance Step<br>8-8:55   Studio A  |
| 9:00  | <b>POWER R/DE</b><br>9-10   Studio R/DE<br><b>STRONG</b><br>9-9:50   Studio A<br><b>Fit Lab</b><br>9-9:55   Fit Lab<br>Soulful Sundays<br>9:15-10:10   Studio B |  | Step & Strength<br>9-9:55   Studio A  | Pilates Mat<br>9-9:55   Studio B   | Step & Strength<br>9-9:55   Studio A  |  | <b>POWER R/DE</b><br>9-10   Studio R/DE<br><b>Fit Lab</b><br>9-9:55   Fit Lab<br><b>STRONG</b><br>9-9:50   Studio B<br><b>ZUMBA®</b><br>9:15-10:10   Studio A                                |
| 9:30  |   | <b>HIGH Fitness®</b><br>9:30-10:25   Studio A<br><b>POWER R/DE</b><br>9:30-10:30   Studio R/DE<br><b>H2O Cardio</b><br>9:30-10:30   Aquatics                                   | Hydro Fitness<br>9:30-10:30   Aquatics  | <b>HIGH Fitness®</b><br>9:30-10:25   Studio A<br><b>POWER R/DE</b><br>9:30-10:30   Studio R/DE<br><b>H2O Cardio</b><br>9:30-10:30   Aquatics                               | Hydro Fitness<br>9:30-10:30   Aquatics  | <b>HIGH Fitness®</b><br>9:30-10:25   Studio A<br><b>POWER R/DE</b><br>9:30-10:30   Studio R/DE<br><b>PRObarre</b><br>9:30-10:25   Studio B<br><b>H2O Cardio</b><br>9:30-10:30   Aquatics |  |
| 10:00 | <b>Fit Lab</b><br>10:15-11:05   Fit Lab   | <b>Fit Lab</b><br>10-10:55   Fit Lab<br><b>PRObarre</b><br>10-10:55   Studio B   | <b>Fit Lab</b><br>10-10:55   Fit Lab<br><b>Pilates Mat</b><br>10-10:55   Yoga Studio<br><b>ZUMBA®</b><br>10-10:55   Studio A            | <b>Fit Lab</b><br>10-10:55   Fit Lab   | <b>Fit Lab</b><br>10-10:55   Fit Lab<br><b>Pilates Mat</b><br>10-10:55   Yoga Studio<br><b>ZUMBA®</b><br>10-10:55   Studio A          | <b>Fit Lab</b><br>10-10:55   Fit Lab   | <b>POWER R/DE</b><br>10:15-11:15   Studio R/DE<br><b>Teen Strength &amp; Con.</b><br>10-10:50   Functional Training  |
| 10:30 | <b>PRO Bollywood</b><br>10:30-11:25   Studio A<br><b>Next Level Vinyasa Yoga</b><br>10:30-11:25   Studio B  |  | All-Levels Yoga<br>10:30-11:25   Studio B   | TRX® Total Body<br>10:30-11:25   Studio B<br><b>Pilates Mat</b><br>10:30-11:25   Yoga Studio   | All Levels Yoga<br>10:30-11:25   Studio B   |  | <b>PRO Jam</b><br>10:30-11:25   Yoga Studio<br><b>HIGH Fitness®</b><br>10:30-11:25   Studio A<br><b>All-Levels Yoga</b><br>10:30-11:25   Studio B<br><b>Fit Lab</b><br>10:30-11:25   Fit Lab |
| 11:00 |   | <b>Pilates Mat</b><br>11-11:55   Studio B  | Feel Good + RENEW<br>11-11:55   Studio A  |  | Feel Good + RENEW<br>11-11:55   Studio A  | <b>Pilates Mat</b><br>11-11:55   Studio B  | <b>Pilates Mat</b><br>11:30-12:25   Yoga Studio  |
| 12:00 | All-Levels Yoga<br>12-12:55   Studio B  | <b>STRONG</b><br>12-12:50   Studio A<br><b>All-Levels Yoga</b><br>12:05-1   Yoga Studio<br><b>Fit Lab</b><br>12-12:55   Fit Lab  | <b>STRONG</b><br>12-12:50   Studio A<br><b>TRX® Total Body</b><br>12-12:55   Studio B<br><b>Fit Lab</b><br>12-12:55   Fit Lab           | <b>Fit Lab</b><br>12-12:55   Fit Lab<br><b>Vinyasa Flow Yoga</b><br>12-12:55   Studio B<br><b>Ultimate Legs</b><br>12-12:55   Studio A                                     | TRX® Total Body<br>12-12:55   Studio B<br><b>STRONG</b><br>12-12:50   Studio A<br><b>Fit Lab</b><br>12-12:55   Fit Lab                | <b>STRONG</b><br>12-12:50   Studio A<br><b>Fit Lab</b><br>12-12:55   Fit Lab<br><b>Candlelight Flow</b><br>12:05-1   Studio B  | Weekend Yoga<br>12-12:55   Studio B  |
| 4:00  |   | <b>Kids Fit Lab</b><br>4:30-5:15   Fit Lab<br><b>Teen Strength &amp; Con.</b><br>4:30-5:20   Functional Training   | <b>Kids Fit Lab</b><br>4:30-5:15   Fit Lab  | <b>Kids Fit Lab</b><br>4:30-5:15   Fit Lab<br><b>Teen Strength &amp; Con.</b><br>4:30-5:20   Functional Training<br><b>Back to Basics Yoga</b><br>4:30-5:25   Studio B     | <b>Kids Fit Lab</b><br>4:30-5:15   Fit Lab<br><b>Pilates Mat</b><br>4:30-5:25   Yoga Studio   | <b>Candlelight Flow</b><br>4:15-5:10   Studio B  |  |
| 5:00  |   |  | Cardio Core<br>5-5:50   Studio A  |  | Kickbox & Strength<br>5-5:50   Studio A   |  |  |
| 5:30  |   | <b>PRObarre</b><br>5:30-6:25   Yoga Studio<br><b>STRONG</b><br>5:30-6:20   Studio A<br><b>TRX® Total Body</b><br>5:30-6:25   Studio B<br><b>Fit Lab</b><br>5:30-6:25   Fit Lab | <b>PRObarre</b><br>5:30-6:25   Studio B<br><b>All-Levels Yoga</b><br>5:30-6:25   Yoga Studio<br><b>Fit Lab</b><br>5:30-6:25   Fit Lab   | <b>STRONG</b><br>5:30-6:20   Studio A<br><b>Pilates Mat</b><br>5:30-6:25   Studio B<br><b>Fit Lab</b><br>5:30-6:25   Fit Lab<br><b>PRObarre</b><br>5:30-6:25   Yoga Studio | <b>PRObarre</b><br>5:30-6:25   Studio B<br><b>All-Levels Yoga</b><br>5:30-6:25   Yoga Studio<br><b>Fit Lab</b><br>5:30-6:25   Fit Lab | <b>ZUMBA®</b><br>5:30-6:25   Studio A<br><b>TRX® Total Body</b><br>5:30-6:25   Studio B<br><b>Fit Lab</b><br>5:30-6:20   Fit Lab   |  |
| 6:00  |   | <b>POWER R/DE</b><br>6-7   Studio R/DE   | Ultimate Legs<br>6-6:50   Studio A  | <b>POWER R/DE</b><br>6-7   Studio R/DE   | <b>STRONG</b><br>6-6:50   Studio A  |  |  |
| 6:30  |   | <b>Fit Lab</b><br>6:30-7:25   Fit Lab<br><b>High Fitness</b><br>6:30-7:25   Studio A<br><b>Feel Good + Stretch</b><br>6:30-6:55   Studio B                                     | <b>ZUMBA®</b><br>6:30-7:25   Studio B<br><b>Fit Lab</b><br>6:30-7:25   Fit Lab<br><b>Back To Basics Yoga</b><br>6:35-7:30   Yoga Studio | <b>High Fitness</b><br>6:30-7:25   Studio A<br><b>Fit Lab</b><br>6:30-7:25   Fit Lab   | Meditate with Yin<br>6:35-7:30   Yoga Studio  |  |  |
| 7:00  |   | <b>Slow Flow Yoga</b><br>7-7:55   Yoga Studio<br><b>Ultimate Arms</b><br>7-7:25   Studio B   | <b>PRO Bollywood</b><br>7-7:55   Studio A   | <b>Slow Flow Yoga</b><br>7-7:55   Yoga Studio  | <b>ZUMBA®</b><br>7-7:55   Studio A<br><b>PRO JAM</b><br>7-7:55   Studio B<br><b>Fit Lab</b><br>7-7:55   Fit Lab                       |  |  |

= MYZONE

# CLASS DESCRIPTIONS

## DANCE

**ADVANCED CARDIO DANCE STEP** / Do you enjoy step choreography and total body workout circuit training? Immerse yourself in this high-energy class to experience both!

**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!

**PRO JAM: DANCE CHOREO** / Our signature class begins with a full body warmup, and then utilizes sequence choreography in a series of aerobic dances to get your body going. You will learn to work out to a new rhythm every week with calorie-melting, low to medium impact dance moves.

**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** / Increase your strength/endurance/power. Move between cardio exercises and strength exercises. Experience a rush of adrenaline as you burn calories alternating between strength and cardio (treadmills/ellipticals/rowers/climbers may be used). AGES 14+.

**KIDS FIT LAB** / 45 minute class. A special Fit Lab experience for kids and tweens. Our popular adult format has been designed for active young bodies of all abilities. Kids complete a classic circuit experience with two 20-minute rounds of rotating between energizing cardio and strength exercises. They will learn how to use popular cardio equipment, small weights, bands, tubing, as well as develop healthy fitness habits. Attendees must be able to follow directions in a group setting. Any needed bathroom breaks will be unsupervised. For ages 9 to 13.

## STUDIO R/DE

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

## 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.

**FEEL GOOD + STRETCH** / Need a quick, full body stretch after your workout? This class is for you! We all know that stretching at the end of your workout is important, but we don't prioritize it or know where to begin. Stretching improves your flexibility and range of motion, helping to prevent injuries and makes you feel better. This class offers simple stretches to get you in, out, and on your way feeling great.

**MEDITATE WITH-YIN** / Yin Yoga is a type of Hatha Yoga that focuses on releasing tension from the mind and body and improving energy flow. The practice involves holding postures for longer periods of time with support. Through a series of nurturing poses and the use of essential oils, you will calm your body, quiet your mind, and stretch gently.

**NEXT LEVEL VINYASA YOGA** / Take your yoga practice to the Next Level with a more progression options and faster pace. This class is for intermediate to advanced level yoga practitioners.

**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.

**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.

**WEEKEND YOGA** / Recharge your mind and body with yoga postures to stretch and to strength. AGES 9+ (children must be follow instructions).

## 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.

**TEEN CONDITIONING** / The complimentary Teen Conditioning program is designed to teach teens the proper form and technique for strength and conditioning. The classes incorporate barbells, kettlebells, bands, dumbbells, benches, rowers, bikes, versa climbers and air runners to deliver a comprehensive training session. For ages 12-17.

## STRENGTH

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

**ULTIMATE ARMS** / This 25-minute express class will help you gain dynamic strength and flexibility in your upper body and core.

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

## PAID ENROLLMENT

### MOUNTAIN CONDITIONING

Tue/Thu 5:30-7am

\$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

Our Reformer classes are transitioning to a monthly enrollment format. 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 [mvanpeursesem@proclub.com](mailto:mvanpeursesem@proclub.com) or [pilates@proclub.com](mailto:pilates@proclub.com) to secure your spot.

### SPEED & AGILITY PERFORMANCE

Wed, 7-8am

\$60 - 75 monthly enrollment  
(\$15 per class for 4-5 classes per month)

Build quickness, power, and coordination while boosting athletic confidence through engaging drills that develop eye-hand-foot coordination, reaction speed, multidirectional movement, and explosive strength. Designed for athletes and adults alike, this high-energy program improves movement efficiency, balance, injury resilience, and overall performance in a supportive environment with professional coaching and real-time technique feedback.

To enroll please email either [mvanpeursesem@proclub.com](mailto:mvanpeursesem@proclub.com) or [kamini.fonseca@proclub.com](mailto:kamini.fonseca@proclub.com).

## AQUATICS

**H2O CARDIO** / Get in the water and get moving! Our water aerobics classes are held in the deep pool but will focus on shallow water with movements that challenge your balance and core strength. This wake-up workout to fun music will leave you revitalized for the week.

**HYDRO FITNESS** / Get your body moving with this low impact combination of exercise and water walking. The pace is set at your level as you move, balance, and coordinate safe exercises in water. Held in the 4'6", 88 degree recreation pool.

[myzonefitnessinfo@proclub.com](mailto:myzonefitnessinfo@proclub.com) for any questions.  
**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.