

PRO CLUB GROUP FITNESS PROGRAMS

SCHEDULE

PAID 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.

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:30			Mountain Conditioning 5:30-7 Studio A		Mountain Conditioning 5:30-7 Studio A		
6:00		IGNITE 6-7 Functional Training Studio	IGNITE 6-7 Functional Training Studio	IGNITE 6-7 Functional Training Studio	IGNITE 6-7 Functional Training Studio	IGNITE 6-7 Functional Training Studio	
7:00		Strength 7-8 Functional Training Studio	Strength 7-8 Functional Training Studio	Speed & Agility Performance 7-8 Studio B Strength 7-8 Functional Training Studio	Strength 7-8 Functional Training Studio	Strength 7-8 Functional Training Studio	
8:00							IGNITE 8-9 Functional Training Studio
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	Pilates Reformer 9-9:55 Pilates Reformer Studio	IGNITE 9-10 Functional Training 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 Advanced 9:30-10:25 Pilates Reformer Studio
10:00		Bulletproof 10-11 Functional Training Studio	Strength 10-11 Functional Training Studio	Strength 10-11 Functional Training Studio	Strength 10-11 Functional Training Studio	Bulletproof 10-11 Functional Training 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 IGNITE 5:30-6:30 Functional Training Studio	Pilates Reformer 5:30-6:25 Pilates Reformer Studio IGNITE 5:30-6:30 Functional Training Studio	Strength 5:30-6:30 Functional Training Studio	Pilates Reformer 5:30-6:25 Pilates Reformer Studio IGNITE 5:30-6:30 Functional Training Studio		
6:30					Pilates Reformer 6:35-7:30 Pilates Reformer Studio	Strength 6:30-7:30 Functional Training Studio	

PROGRAM DESCRIPTIONS

FUNCTIONAL TRAINING STUDIO MONTHLY ENROLLMENT CLASSES

\$160 monthly unlimited
\$15 individual monthly
\$20 drop-in

The Functional Training Studio classes are designed to provide a dynamic workout experience for all participants. The programming offers structured classes that blend strength, stamina, cardiovascular endurance, flexibility, power, and speed. The classes incorporate barbells, kettlebells, bands, dumbbells, benches, rowers, bikes, versa climbers and air runners to deliver a comprehensive training session. Our FTS classes use a monthly enrollment format.

To enroll please email either mvanpeursesem@proclub.com or groupfitness@proclub.com.

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.

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 or kamini.fonseca@proclub.com.