

# PRO CLUB GROUP FITNESS PROGRAMS

# SCHEDULE

## PAID MAY-JUNE 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			<b>Mountain Conditioning</b> 5:30-7   Studio A		<b>Mountain Conditioning</b> 5:30-7   Studio A		
6:00		<b>IGNITE</b> 6-7   Functional Training Studio	<b>IGNITE</b> 6-7   Functional Training Studio	<b>IGNITE</b> 6-7   Functional Training Studio	<b>IGNITE</b> 6-7   Functional Training Studio	<b>IGNITE</b> 6-7   Functional Training Studio	
7:00		<b>Strength</b> 7-8   Functional Training Studio	<b>IGNITE</b> 7-8   Functional Training Studio		<b>IGNITE</b> 7-8   Functional Training Studio	<b>Strength</b> 7-8   Functional Training Studio	
8:00							<b>IGNITE</b> 8-9   Functional Training Studio
8:30							<b>Pilates Reformer</b> 8:30-9:25   Pilates Reformer Studio
9:00	<b>Pilates Reformer</b> 9-9:55   Pilates Reformer Studio				<b>Pilates Reformer</b> 9-9:55   Pilates Reformer Studio	<b>Pilates Reformer</b> 9-9:55   Pilates Reformer Studio	<b>IGNITE</b> 9-10   Functional Training Studio
9:30		<b>Pilates Reformer</b> 9:30-10:25   Pilates Reformer Studio	<b>Pilates Reformer</b> 9:30-10:25   Pilates Reformer Studio	<b>Pilates Reformer</b> 9:30-10:25   Pilates Reformer Studio			<b>Pilates Reformer Advanced</b> 9:30-10:25   Pilates Reformer Studio
10:00		<b>Strength</b> 10-11   Functional Training Studio				<b>Strength</b> 10-11   Functional Training Studio	
12:00			<b>Pilates Reformer</b> 12-12:55   Pilates Reformer Studio	<b>Pilates Reformer</b> 12-12:55   Pilates Reformer Studio	<b>Pilates Reformer</b> 12-12:55   Pilates Reformer Studio	<b>Pilates Reformer</b> 12-12:55   Pilates Reformer Studio	
5:30		<b>Pilates Reformer</b> 5:30-6:25   Pilates Reformer Studio  <b>IGNITE</b> 5:30-6:30   Functional Training Studio	<b>Pilates Reformer</b> 5:30-6:25   Pilates Reformer Studio  <b>IGNITE</b> 5:30-6:30   Functional Training Studio	<b>Strength</b> 5:30-6:30   Functional Training Studio	<b>Pilates Reformer</b> 5:30-6:25   Pilates Reformer Studio  <b>IGNITE</b> 5:30-6:30   Functional Training Studio		
6:30					<b>Pilates Reformer</b> 6:35-7:30   Pilates Reformer Studio	<b>Strength</b> 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.

For questions or to enroll please scan the QR code below, or email [mvanpeursesem@proclub.com](mailto:mvanpeursesem@proclub.com) or [groupfitness@proclub.com](mailto: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, 6, 8 and 12 class packages)

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.

For questions or to enroll please scan the QR code below, or email [pilates@proclub.com](mailto:pilates@proclub.com).

