



GROUP FITNESS FREE CLASSES

By Andrea Blair Cirignano, Group Fitness Supervisor

Enhance your workout experience with a **FREE** Group Fitness class! There is a seemingly endless list of benefits when it comes to working out, but here are a few specific reasons to jump into a class for your daily dose of exercise:

- Avoid injury by working out under the guidance of an expert instructor who will ensure that you're practicing proper form and technique throughout each exercise.
- Ditch boredom and be confident that you're getting a fun and complete workout. Our instructors plan classes to work opposing muscle groups equally and offer variety.
- Stay accountable and committed to your fitness goals by scheduling a class into your daily routine.
- Build community and possibly make a new friend (or two) by working out in a group.
- Don't do it alone. Rather, have FUN exercising with an upbeat instructor who constantly encourages you to do your best. Plus, if your workout is fun, you're more likely to stay dedicated.
- Get past your comfort zone. Your Group Fitness instructor is likely to safely challenge you more than you'd challenge yourself. You're more likely to push yourself a little harder in a class than if you were exercising on your own.
- Achieve results! No matter what goals you may have, whether weight loss, increased strength, tone and definition, or improved cardiovascular endurance, there's a class for you!

FREE classes included with your membership:



CARDIO

- So You Think You Can Step?
- Inner Warrior Workout
- Kickbox BLAST!
- Step Interval
- Step Party!
- Tour De PRO Cycling
- * 6-Pack Cycle
- * Cycle Challenge
- * Cycle Revolution
- * Performance Cycling/Race Day
- * Power RPM'S



HYBRID

- 6-Pack Workout
- BabyRobics
- Cardio Core
- Feel Good Cardio Sculpt
- Step Basics + Strength
- Step Circuit
- Step Circuit Basics
- STRETCH



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STRENGTH

- Above the Belt
- Amazing Abs
- Below the Belt
- CHISEL'D



To see our class schedule, visit **proclub.com** or pick up a brochure at the Concierge Desk.



Try out a variety of classes to find out what works best for your schedule, interests, and goals. Once you fall in love with a class, continue to try a new class every now and then to keep your mind fresh and to overcome plateaus in your fitness journey.