



Adult and Youth Group Instruction Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT Boot Camp Ages 14 and Up and Adults	Seek Fit Club 9:30-10:30am		Seek Fit Club 9:30-10:30am		Seek Fit Club 9:30-10:30am	
ADULT PSP – Strength and Conditioning	7:30-8:30am Ricky Proehl	7:30-8:30am Ricky Proehl		7:30-8:30am Ricky Proehl	7:30-8:30am Ricky Proehl	
ADULT Karate			Karate 6:30-8:00pm			Karate 10:00-11:30am
ADULT Golf						Women's Golf Class 9:00-10:00am
PROEHLIFIC SPORTS PERFORMANCE (please call for additional classes and times)	Junior Level 5:00-6:00pm Power Level 6:00-7:00pm	Power Level 6:00-7:00pm	Junior Level 5:00-6:00pm	Power Level 6:00-7:00pm	Junior Level 5:00-6:00pm	
Fencing – YOUTH & ADULT	Intro Fencing 6:00-7:00pm Saber I 6:30-7:30pm Saber 2 7:30-8:30pm		Epee 1 6:30-7:30pm Epee 2 7:30-8:30pm		Open Fencing 6:30-8:30pm Foil 1 6:30-7:30pm Foil 2 7:30-8:30pm	
YOUTH Dance		Dance Class 4:00-5:00pm			Dance Class 4:00-5:00pm	
YOUTH Soccer	SoccerTots 10:00-11:00am				SoccerTots 1:30-2:30pm	SoccerTots 9:00-10:00am SoccerTots 10:00-11:00am
YOUTH Karate			Karate 5:30-6:30pm			Karate 9:00-10:00am

PRICING	8 Week Package		Individual Class		
	Member	Non-member	Member	Non-member	
ADULT PSP - Strength and Conditioning with Ricky Proehl	\$99	\$159	\$6	\$12	
Seek Fit Club (24 classes 8 weeks)	\$149	\$189	\$15	\$15	
Dance Class	\$64	\$75			
Women's Golf Class	\$115	\$115			
Karate (Adults)	\$55/month	\$60/month			
Karate (Youth)	\$50/month	\$55/month			
Fencing (3 months)	\$180	\$180			
SoccerTots	\$96	\$96			
PSP - Sports Performance ALL LEVELS	12 Month \$125/month	6 Month \$135/month	3 Month \$145/month	Individual Session \$50/hour	Group Vary with: # of athletes & location

*All PSP pricing include Proehlific Park membership for athlete and unlimited PSP training. A family membership can be integrated into the price.

CLASS DESCRIPTIONS

Seek Fit Club: Class will take you through a clever assortment of fitness activities using fitness props, weights, body movements and various core exercises for a total body workout.

Dance Class: Open to dancers of all ages, sizes and levels. This Class will cover Hip Hop, Jazz, Dance Team and much more!

Fencing: Introduction is a one-month long "introduction" class. Epee, Saber and Foil are more advanced classes. ONGOING

Karate: Youth and Adult Karate Classes available. ONGOING

SoccerTots: Physical development program that uses a variety of fun games to delight and engage kids in physical activity. Ages 18 months-6 yrs.

Women's Golf Class: 4 week class Saturday Mornings Stretching and Strength training, Basic Positioning & Swing Planes, Short game / Chipping & Putting, Full Swing & Mechanics, Rules & Etiquette, All equipment is provided or you can bring your own!

PSP Proehlific Sports Performance Junior (Ages 7-11) Athletes at this level will begin to develop the foundation of sports performance. This level focuses on motor development, weight training (body weight only), flexibility, endurance, and self confidence.

PSP Proehlific Sports Performance Rookie (Ages 12-14) This level focuses on fine tuning technique, athletes will learn how attention to detail will add the much needed edge to their technique.

PSP Proehlific Sports Performance Power (Ages 15-18) Athletes at this level are taught to focus on the technical side and maintain focus.

PSP Proehlific Sports Performance Power Elite (College) Athletes at this level are continuing to sharpen their skills as they prepare for the next level of play.

Call 665.5233 or visit our website to sign up www.proehlificpark.com