

HOLIDAY SEASON

NOV/DEC



All Tribe sessions will be drop in during the holidays.

**\$25 per session or
purchase a package:
4 for \$88, 8 for \$160, 10for
\$180 or 20 for \$300**



MON	TUES	WED	THURS	FRI	SAT	SUN
7:00am -7:45am ALL levels Reformer Pilates Sarah	5:30am -6:30am Tribe Extreme Hiit Jen 7:00am -7:45am	6:00am -6:45am ALL levels Reformer Pilates Sarah	5:30am -6:30am Tribe Extreme Hiit Jen	7:00am -7:45am Blood Flow Restriction Training Cezanne		7:00am -7:45am Trainer Workout Jen
8:00am9:00am TRIBE Functional Fitness Jodi	Blood Flow Restriction Training Justin 7:00am - 7:45am All Levels Reformer Melanie	7:00am -7:45am Blood Flow Restriction Training Pilates Cezanne	7:00am -7:45am Blood Flow Restriction Training Justin	7:00am -7:45am Intermediate/Adv Pilates Reformer Lynette	8:30am-9:30am All Levels Pilates Reformer Allison	8:30am-9:30am Pilates Stretch Jalin
8:30am-9:30am All Levels Pilates Reformer Allison	8:30am-9:30am Pilates with Props Lawren	8:00am9:00am TRIBE Core Strength Jodi	8:30am-9:30am All Levels Pilates Reformer Melanie	8:30am-9:30am TRX & Core Jodi	9:45am-10:45am All Levels Pilates Reformer Cezanne	9:45am - 10:45am Intermediate/adv Pilates Reformer Alex
930am-10:30am All Levels Pilates Reformer Melanie	9:45am-10:30am All Levels Pilates Reformer Lawren	9:45am-10:30am All Levels Pilates Reformer Jalin 11:00am-12:00pm	9:45am-10:30am All Levels Pilates Reformer Melanie	8:30am-9:30am Pilates with Props Lawren	11:00am -12:00pm Blood Flow Restriction Training Cezanne	11:00am -11:45am FREE Intro to Pilates Alex
4:00pm-4:45pm All Levels Pilates Reformer Jalin	5:00pm-5:45pm All Levels Pilates Reformer Jodi	Pilates Stretch Sarah 4:00pm - 4:45pm All Levels Reformer Jalin	5:00pm-5:45pm All Levels Pilates Reformer Gwen	9:45am-10:30am All Levels Pilates Reformer Lawren	11:15am - 12:15pm Intermediate/adv Pilates Reformer Gwen	
5:00pm-5:45pm All Levels Pilates Reformer Cezanne	5:00pm -5:45pm Victory Martial Arts Gavin	5:00pm-5:45pm All Levels Pilates Reformer Cezanne	5:00pm -5:45pm Victory Martial Arts Gavin	6:00pm - 7:00pm Line & Wine Cezanne 11/10		
6:00pm -7:00pm Tribe Hiit/Core Strength Cezanne	6:00pm-7:00pm Intermediate/adv .Pilates Reformer Alex	6:00pm -7:00pm Tribe Hiit/Core Strength Cezanne		6:00pm - 7:00pm Pilates & Pinot		

Holiday Season 11/18 -1/6

Small Group Training and Pilates Drop in Sessions

\$25 single session; Packages: 20 sessions for \$300, 10 Sessions for \$180, 8 sessions for \$160, 6 Sessions for \$132 and 4 sessions for \$88

All Levels Pilates Reformer -This class creates long, lean muscles and improves posture by mobilizing your spine through several ranges of motion including flexion, extension, lateral flexion, and rotation using the REFORMER, while infusing small props like weights, the Pilates ring, balls, and more. This 45 minute class will fly by with endless exercise possibilities, so be prepared to have fun while improving your flexibility, muscle tone, and core strength! This class is appropriate for people of all levels. **Intermediate/Advanced Reformer** should only be attempted by seasoned Pilates members that have been doing pilates for a minimum of 6 months. **Pilates with Props** - This is a class where you will use weights, bands, balls and more. **Stretch on the Reformer** - Work on mobility and flexibilty in this class. **FREE Intro to Pilates Reformer** - This is a free session meant for new members and anyone looking to try Reformer.

Paseo Tribe Extreme HIIT – Just like the name suggests, if you are competitive, love to sweat and get pushed to work at your best then this is the program for you. These sessions will get you in cardiovascular and muscular endurance shape like no other. These sessions meet on Tuesdays and Thursdays at 5:30 am.

Paseo Tribe Hiit/Core can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regime. Tribe Hiit/Core will increase your strength and endurance, burn fat and calories, and produce functional, full body fitness results leaving you looking and feeling amazingly fit! **Paseo Hiit/Core** meets Mon/Wed 6:00pm with Cezanne (this is a hybrid of half Hiit and half core, Meets in the training room)

Paseo Tribe Functionally Fit is a perfect choice for tennis and pickleball players to keep you safe on the courts while doing what you love to do. These sessions are low impact using functional exercises designed to ensure you achieve all your exercise needs to be fit for life. **Paseo Tribe Functionally Fit** will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardio vascular fitness and increase functional strength. **Paseo Tribe Functionally Fit** meets Mondays at 8:00am

Paseo Tribe Core/Strength is a training program designed to bring toning, strength, stability and power to your core.

Paseo Tribe Core/Strength™ trains the muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. **Paseo Tribe Core/Strength** incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement. **Paseo Tribe Core Strength** meets Wednesdays at 8:00am

Blood Flow Restriction Training: Get leaner and toned quickly, build muscle faster, get stronger with lighter weights, lose weight fast and keep it off, strengthen your cardio system, perform better and rehab faster from surgery. B3 bands are based on a scientific discovery that uses BFR (Blood Flow Restriction) this process uses the body's natural systems with light weight training to produce results that will change the way you exercise forever. This class meets Tuesday – Friday at 7:00am, and Saturdays at 11:00am.

Trainers Workout -This Challenging Sunday FUNday Workout is perfect for the weekend warrior or anyone wanting a challenging but fun workout led by an expert coach and fun tribe of participants to get you to work harder than you would by yourself. \$25 drop in

TRX &CORE- This type of training will prepare your body for real life movements and activities. Movements such as reaching, pulling, rotating, and lifting will be made easier with Functional Fitness. This new class is specifically meant to be a great companion for athletic strength building. Perfect for you if you play tennis, pickleball and even for you to gain strength in your hips and core for running. Meets in the Pilates room. **TRX & Core** meets in the Tribe room.