

# MAY 2023 SMALL GROUP TRAINING PROGRAMS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		<b>Paseo Tribe Lift</b> Jen		<b>Paseo Tribe Lift</b>  Jen			
6:00 am		6:00am <b>Greatest Results</b> Justin		6:00am <b>Greatest Results</b> Justin			
7:00 am	7:00am <b>Blood Flow Restriction Training</b> Cezanne	7:00am <b>Blood Flow Restriction Training</b> Justin	7:00am <b>Blood Flow Restriction Training</b> Cezanne	7:00am <b>Blood Flow Restriction Training</b> Justin	7:00am <b>Blood Flow Restriction Training</b> Cezanne		7:00am <b>Trainers Workout</b> Jen
8:00 am	<b>Lift</b> Jodi		Paseo Tribe Core Strength Jodi		<b>Lift</b> 8:30am Jodi	<b>8:15 am Hiit 60 in 30 min</b> Jason	
9:30 am	<b>9:00AM</b> <b>Blood Flow Restriction Training</b> Melanie	<b>Greatest Results</b> JUSTIN	10:45 am TRX & Core Jalin	<b>Greatest Results</b> JUSTIN	10:30 am TRX & Core Jodi		<b>9:00 am</b> <b>Blood Flow Restriction Training</b> Cayden
11:30 AM	10:45am TRX & Core Allison					11:00 am <b>Blood Flow Restriction training</b> Cezanne	9:45 am TRX & Core Cayden



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2:30 pm		2:30pm – 3:15pm Legacy Cycle class		2:30pm – 3:15pm Legacy Cycle class			
4:45 pm	<b>Lift</b> Jodi	4:00 – 5:15pm Legacy PE	<b>Lift</b> Jodi	4:00pm – 5:15pm Legacy PE			
5:15 pm		<b>5:15PM</b> <b>Victory</b> <b>Martial Arts</b>	5:00pm <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Melanie	<b>5:15PM</b> <b>Victory</b> <b>Martial Arts</b>			
6:00 pm	Paseo Tribe Hiit/Core Cezanne	6:00pm KRAV MAGA Kody	Paseo Tribe Hiit/Core Cezanne	6:00pm KRAV MAGA Kody			

REGISTER ONLINE AT [WWW.THEPASEOCLUB.COM](http://WWW.THEPASEOCLUB.COM) or contact [CEZANNE@THEPASEOCLUB.COM](mailto:CEZANNE@THEPASEOCLUB.COM) FOR MORE INFORMATION

Packages are available to lessen the cost of most programs 20 sessions for \$300, 10 Sessions for \$180, 8 sessions for \$160, 6 Sessions for \$132 and 4 sessions for \$88; Unlimited Pilates and Small group training is \$180/monthly

**Blood Flow Restriction Training:** Get leaner and toned quickly, build muscle faster, get stronger with less 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.

Cut your workout time in 1/2

With bands:

20min light weights

Without Bands:

1 hr heavy weight lifting



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1/2 mile walk	2 miles of walking
10 min of cardio	45 min of cardio
20 min of yoga, pilates or barre	1hr of yoga, pilates or barre
15 min bike/run	1hr bike/run
10 laps swimming	20 laps swimming
20 min training	45 min training
20 min rehab	1 hr rehab

**Greatest Results Transformation Program** – Starts April 17th ♦ **INCLUDED:** Private Group Training, HIIT Classes, Cardio, Weights, a Single Saturday 11am Pickleball lesson. ♦ Personalized coaching to meet your individual needs. Adaptive exercises for injuries and ailments. Food journal accountability. ♦ Before and After Measurements and Performance Testing. Celebration and Prizes at the end of the challenge! ♦ Virtual Nutrition Cooking Class! **Sessions, Mon/Wed at 6pm Tue/Thu 6:00am and Tue/Thu at 9:30am** Cost is \$250 for 6 Weeks April 17<sup>th</sup> – May 24<sup>th</sup> (Meets in the Training Room)

**HIIT 60 IN 30 MIN –This is the most efficient method of getting in shape.** High intensity interval training where exercises will be performed every minute on the minute. It won't be easy but it will be fun and you will see gains in your aerobic fitness. **Saturday 8:15am Drop in Session \$10 (Meets in the training room)**

KRAV MAGA – Ages 13 and up \$100 per month meets Tuesdays and Thursdays at 6:00pm

Krav Maga is the official self-defense and fighting system used by the Israel Defense Forces, Israeli Police, Militaries worldwide, anti-terrorism units, and numerous law enforcement agencies. Krav Maga emphasizes easy -to-learn techniques that have been battle-tested in real life confrontations. Krav Maga incorporates specialized training methods used to challenge students physically and mentally. This type of training also strengthens the spirit and develops the ability to deal with violent confrontations under stress. "Get in the best of shape and go home safe!"



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**LIFT – Learn the basics of strength and conditioning using barbells, dumbbells, and kettlebells. Each month will have a different focus, March will focus on Squats. These sessions meet Tue/Thu 5:30am with Jen; Monday 5:00pm; Wednesday 4:45pm with Jodi**

**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** –\$25 drop in. 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 Tribe room**

**Paseo Tribe – 6 Weeks PRICE IS \$200 FOR 2 DAY PROGRAMS AND \$100 FOR SINGLE DAY**

**Paseo 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!

**Tribe Hiit/Core meets Mon/Wed 6:00pm with Cezanne (this is a hybrid of half Hiit and half core, Meets in the training room)**

**VICTORY MARTIAL ARTS** - Boys and girls 5-12 increase confidence, respect and friendships while getting physically fit and developing a positive self-image. Our highly trained, certified instructors create high-energy and engaging classes by celebrating achievement, expecting hard work, and encouraging growth! At Victory, our purpose is to make kids addicted to discipline. In fact, we make discipline FUN! This is an ongoing program your account will be charged monthly \$100, a 30 day cancellation is required. Sessions meet Tuesdays in the group ex room and Thursdays in the Training Room from 5:15pm – 6:00pm Contact [gavinespinosa@gmail.com](mailto:gavinespinosa@gmail.com) for more information



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