

# AUG./ SEPT. 23



MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30am -6:30am <b>Greatest Results</b> Justin		5:30am - 6:30am <b>Greatest Results</b> Justin			7:00am -7:45am <b>Trainer Workout</b> Jen
	5:30am -6:30am <b>Tribe Extreme</b> <b>Hiit</b> Jen		5:30am -6:30am <b>Tribe Extreme</b> <b>Hiit</b> Jen			
	7:00am -7:45am <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Justin	7:00am -7:45am <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Cezanne	7:00am -7:45am <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Justin	7:00am -7:45am <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Cezanne		
8:00am-9:00am <b>TRIBE Functional</b> <b>Fitness</b> Jodi	9:30am -10:30am <b>Greatest Results</b> Tara	8:00am-9:00am <b>TRIBE Core Strength</b> Jodi	9:30am -10:30am <b>Greatest Results</b> Tara	8:30am-9:30am <b>TRX &amp; Core</b> Jodi	11:00am -12:00pm <b>Blood Flow</b> <b>Restriction</b> <b>Training</b> Cezanne	
5:00pm - 6:00pm <b>LIFT</b> Jodi	10:30am-11:30am <b>Pilates Body</b> <b>Makeover</b> Akila	4:45pm - 5:45pm <b>LIFT</b> Jodi	10:30am-11:30am <b>Pilates Body</b> <b>Makeover</b> Akila			
6:00pm -7:00pm <b>Tribe Hiit/Core</b> <b>Strength</b> Cezanne	5:00pm -5:45pm <b>Victory Martial</b> <b>Arts</b> Kody	6:00pm -7:00pm <b>Tribe Hiit/Core</b> <b>Strength</b> Cezanne	5:00pm -5:45pm <b>Victory Martial</b> <b>Arts</b> Kody			
7:00pm -8:45pm <b>Greatest Results</b> Cezanne		7:00pm -8:45pm <b>Greatest Results</b> Cezanne		6:00pm -7:00pm <b>8/25</b> <b>Pilates &amp; Pinot</b> Melanie		



## **Back To School Season Fitness Programs - All Programs run for 56 weeks**

**LIFT – Learn the basics of strength and conditioning using barbells, dumbbells, and kettlebells. Each month will have a different focus. These sessions meet Mondays @ 5:00pm; Wednesday 4:45pm with Jodi**

**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 with Cezanne, Tue/Thu 5:30am with Justin and Tue/Thu at 9:30am with Tara Cost is \$300 for 6 Weeks August 14th – September 21st.(Meets in the Training Room)**

**FREE TRIBE TRIAL WEEK 8/14 -8/19, 6 WEEK PROGRAM BEGINS 8/20 \$200 For 2 days, \$100 for 1 day, and \$300 for 3 days**

**Paseo 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 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**

**Small Group Training Drop in Sessions (can also be used for Pilates Reformer 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; Unlimited Pilates and Small group training is \$180/monthly**

**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.**