

# SEASON OF GRATITUDE SMALL GROUP TRAINING CALENDAR AUG/SEPT.

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am-7:00am <b>Paseo Aquatics Rental</b>	5:30am - 6:30am <b>Greatest Results</b> Justin	6:00am-7:00am <b>Paseo Aquatics Rental</b>	5:30am - 6:30am <b>Greatest Results</b> Justin			
7:00am -7:45am <b>ALL Levels Reformer Pilates</b> Sarah		7:00am -7:45am <b>Blood Flow Restriction Training Pilates</b> Cezanne				
8:00am-9:00am <b>TRIBE FUNCTIONAL FITNESS</b> Jodi	7:00am -7:45am <b>Blood Flow Restriction Training</b> Justin	8:00am-9:00am <b>TRIBE CORE STRENGTH</b> Jodi	7:00am -7:45am <b>ALL Levels Reformer Pilates</b> Trish			
8:30am-9:30am <b>All Levels Pilates Reformer</b> Allison	7:00am -7:45am <b>ALL Levels Pilates Reformer</b> Sarah	8:30am-9:30am <b>All Levels Pilates Reformer</b> Melanie		8:30am-9:30am <b>TRX &amp; Core</b> Jodi	8:30am-9:30am <b>All Levels Pilates Reformer</b> Allsion	8:45am-9:30am <b>Pilates Stretch</b> Alex
	8:30am-9:30am <b>All Levels Reformer</b> Cezanne		8:30am-9:30am <b>All Levels Pilates Reformer</b> Melanie	8:30am-9:30am <b>Int. Adv. Pilates Reformer</b> Alex	9:45am-10:45am <b>All Levels Pilates Reformer</b> Cezanne	
9:30am-10:30am <b>All Levels Pilates Reformer</b> Melanie	9:45am-10:30am <b>All Levels Pilates Reformer</b> Allison	9:45am-10:30am <b>All Levels Pilates Reformer</b> Jalin	9:45am-10:30am <b>All Levels Pilates Reformer</b> Melanie	9:45am-10:30am <b>All Levels Pilates Reformer</b> Alex	11:00am -12:00pm <b>Women's Strength Training</b> Cezanne	9:45am - 10:45am <b>Int/adv Pilates Reformer</b> Alex
					11:15am - 12:15pm <b>Int/adv Reformer</b> Gwen	11:00am -11:45am <b>FREE Intro to Pilates</b> Alex

Small Group and Pilates Packages Pricing \$30 per session or purchase a package: 5 for \$105, exp. 90days  
10 for \$190 exp. 120 days or 20 for \$340 exp. 180 days



# SEASON OF GRATITUDE SMALL GROUP TRAINING CALENDAR AUG/SEP

MON	TUES	WED	THURS	FRI	SAT	SUN
3:45pm-5:00pm <b>Legacy Rental</b>		3:45pm-5:00pm <b>Legacy Rental</b>		3:45pm-5:00pm <b>Legacy Rental</b>		
4:00pm-5:45pm <b>All Levels Pilates Reformer</b> Jalin	5:00pm-5:45pm <b>All Levels Pilates Reformer</b> Jodi	4:00pm-5:45pm <b>All Levels Pilates Reformer</b> Robin	5:00pm-5:45pm <b>All Levels Pilates Reformer</b> Gwen	4:00pm-5:45pm <b>All Levels Pilates Reformer</b> Nichole		
5:00pm-5:45pm <b>All Levels Pilates Reformer</b> Cezanne	6:00pm-7:00pm <b>Beginning Boxing</b> Danny	5:00pm-5:45pm <b>All Levels Pilates Reformer</b> Cezanne	6:00pm-7:00pm <b>Beginning Boxing</b> Danny	5:00pm-5:45pm <b>All Levels Pilates Reformer</b> Nicole		
6:00pm-7:00pm <b>TRIBE HIIT/CORE</b> Cezanne	6:00pm-7:00pm <b>Int/advPilates Reformer</b> Alex	6:00pm-7:00pm <b>Women's Strength Training</b> Cezanne		6:00pm-7:00pm <b>Pilates &amp; Pinot</b> Cezanne 10/18 & 11/15		
7:00pm-8:00pm <b>Greatest Results</b> Cezanne		7:00pm-8:00pm <b>Greatest Results</b> Cezanne				

Prices \$30 per session or purchase a package: 5 for \$105, exp. 90days 10for \$190 exp. 120days or 20 for \$340 exp. 180 days



### **Beginning Boxing**

Burn mega calories in this high intensity interval cardio workout punching techniques will be taught using heavy bags, boxing gloves and focus mitts while \*Reducing Stress, \*Boosting your confidence, \*Improving your physique, \*Increasing your energy and \*Improve your posture..Please bring your own wraps and boxing gloves.

**When: Tuesdays and Thursdays @6:00pm**

**Saturdays at 9:30am**

**Instructor: Fitness Coach Danny Pacheco**

**Cost: \$17-\$30 per session depending on package**

### **Blood Flow Restriction**

Blood flow restriction training helps you to build muscle faster, using less weight. It can be helpful if you want to burn fat or rehab from an injury or surgery. Applying bands while weight training is based on a scientific discovery that produces results that will change the way you exercise forever. Cut your workout time in half!

**There is also a Blood Flow Pilates Reformer class on Wednesdays at 7:00 am with Fitness Director, Cezanne Youmazzo**

**When: Tuesdays at 7:00am**

**Instructor: Fitness Director Cezanne Youmazzo and Coach Justin DeAnda**

**Cost: \$17-\$30 per session depending on package**

### **Greatest Results Drop In - Back to School Back To You**

HIIT classes with cardio and weight training , Recipes, meal planning, nutrition education, This is a hybrid of our popular Greatest Results program. All exercises are adaptable if you have an injury or ailments. See your progress with before and after measurements and performance testing.

**When: Tuesdays , Thursdays and Fridays at 5:30 am; Mondays and Wednesdays at 7:00pm**

**Instructor: Fitness Coaches Justin Deanda and Cezanne Youmazzo**

**Cost: \$300 for 6 weeks**

### **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 on the Pilates reformer machine. The instructor of this class will provide endless exercise possibilities, so be prepared to have fun while getting challenged. You can expect improved flexibility, muscle tone, and core strength. This class is appropriate for people of all levels.

There is a maximum of eight people per class.

**When: There are several Pilates classes available each week**

**Instructor: Varies**

**Cost: \$17-30 per session, depending on the price package**

### **Pilates & Pinot**

This fun, social all levels reformer class is offered once a month usually on the second Friday of the month you will experience an hour class followed by wine and appetizers on the patio. 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 on the Pilates reformer machine. The instructor of this class will provide endless exercise possibilities, so be prepared to have fun while getting challenged. You can expect improved flexibility, muscle tone, and core strength. This class is appropriate for people of all levels.

**There is a maximum of eight people per class.**

**When: Friday June 14th, October 18th & November 15th**

**Instructor: Fitness Director Cezanne**

**Cost: \$40**

### **Tribe Core Strength**

Tribe Core Strength is a small group training program designed to bring tone, strength, stability, and power to your core. Train your muscles around your pelvis, hips, back, and abdomen, starting from the deep torso muscles to leave you with a slim waistline and strong abs. The small class size allows you to get more one-on-one guidance to help you have even better results! Tribe Core Strength incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement. The class is held once a week.

**When: Wednesdays at 8:00 am**

**Instructor: Coach Jodi Broz**

**Cost: \$17-\$30 per session depending on package**

### **Tribe Functional Fitness**

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 and use functional exercises designed to ensure you achieve all your exercise needs to be fit for life. Tribe Functional Fitness will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, and achieve cardiovascular fitness. The small class size allows you to get more one-on-one guidance to help you have even better results!

**When: Mondays at 8:00 am and 5pm, Wednesdays at 5pm**

**Instructor: Coach Jodi Broz**

**Cost: \$17-\$30 per session depending on package**

### **Tribe HIIT /Core strength**

Tribe HIIT EXTREME is a high-intensity interval conditioning program designed for any committed individual regardless of experience, making it the ideal program.

Tribe HIIT EXTREME will increase your strength and endurance, burn fat and calories, and produce functional, full-body results, leaving you looking and feeling amazing. The small class size allows you to get more one-on-one guidance to help you have even better results! Tribe Core Strength is a small group training program designed to bring tone, strength, stability, and power to your core. Train your muscles around your pelvis, hips, back, and abdomen, starting from the deep torso muscles to leave you with a slim waistline and strong abs. This session does 1/2 hour of HIIT followed by 1/2 hour core

**When: Mondays 6:00pm**

**Instructor: Fitness Director Cezanne Youmazzo**

**Cost: \$17-\$30 per session depending on package**

### **TRX & Core**

TRX & Core uses the suspension trainer's loop and pulley system to force you to use your core to remain stable as you move, working major and stabilizer muscles. The challenging low-impact workouts use your own body weight as resistance and are designed to tone your midsection, improve your posture, and give you better balance.

**There is a maximum of ten people per class.**

**When: Fridays at 8:30 am**

**Instructor: Coach Jodi Broz**

**Cost: \$17-30 per session, depending on the price package**

### **Women's Strength Training**

This is a progressive strength and conditioning plan for women aged 50 going through menopause requires attention to various physiological changes and needs. The goals of the program are to build and maintain muscle mass, counteract muscle loss due to aging and hormonal changes, enhance bone density, prevent osteoporosis, improve cardiovascular health, manage weight and enhance heart health; boost flexibility and balance, prevent falls and maintain mobility.

**There is a maximum of 8 people in each session**

**Wednesdays at 6:00pm and Saturdays at 11:00am**

**Instructor: Fitness Director Cezanne Youmazzo**

**Cost: \$125 per Day for 7 weeks**