

# SPRING SEASON SMALL GROUP TRAINING CALENDAR APRIL/MAY

| MON  | TUES   | WED   | THURS  | FRI   | SAT   | SUN   |
|--|--|---|--|---|---|---|
|  | 5:30am-6:30am<br><b>TRIBE EXTREME</b><br><b>HIIT</b><br>JEN                            |   | 5:30am -6:30am<br><b>TRIBE EXTREME</b><br><b>HIIT</b><br>Jen                           |   |   |   |
|  | 5:30am - 6:30am<br><b>Greatest Results</b><br>Justin                                   | 6:00am -6:45am<br><b>ALL Levels Pilates</b><br><b>Reformer</b><br>Sarah                         | 5:30am - 6:30am<br><b>Greatest Results</b><br>Justin                                   | 7:00am -7:45am<br><b>Blood Flow</b><br><b>Restriction</b><br><b>Training</b><br>Cezanne |   | 7:00am -7:45am<br><b>Trainer Workout</b><br>Jen                       |
| 7:00am -7:45am<br><b>ALL Levels</b><br><b>Reformer Pilates</b><br>Sarah      | 7:00am -7:45am<br><b>Blood Flow</b><br><b>Restriction</b><br><b>Training</b><br>Justin | 7:00am -7:45am<br><b>Blood Flow</b><br><b>Restriction</b><br><b>Training Pilates</b><br>Cezanne | 7:00am -7:45am<br><b>ALL Levels</b><br><b>Reformer Pilates</b><br>Trish                | 7:00am -7:45am<br><b>Int/Adv Pilates</b><br><b>Reformer</b><br>Lynette                  |   | 8:00am-8:45am<br><b>Footwork &amp;</b><br><b>Mobility</b><br>Cayden   |
| 8:00am-9:00am<br><b>TRIBE</b><br><b>FUNCTIONAL</b><br><b>FITNESS</b><br>Jodi | 7:00am -7:45am<br><b>ALL Levels Pilates</b><br><b>Reformer</b><br>Sarah                | 8:00am-9:00am<br><b>TRIBE CORE</b><br><b>STRENGTH</b><br>Jodi                                   | 8:00am -9:00am<br><b>Blood Flow</b><br><b>Restriction</b><br><b>Training</b><br>Justin | 8:30am-9:30am<br><b>TRX &amp; Core</b><br>Jodi  | 8:30am-9:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Allsion                  | 8:45am-9:30am<br><b>Pilates Stretch</b><br>Alex                       |
| 8:30am-9:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Allison     | 8:30am-9:30am<br><b>Pilates with</b><br><b>Props</b><br>Lawren                         | 8:30am-9:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Melanie                        | 8:30am-9:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Melanie               | 8:30am-9:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Alex                   | 9:45am-10:45am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Cezanne                 |   |
| 9:30am-10:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Melanie    | 9:45am-10:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Lawren               | 9:45am-10:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Jalin                         | 9:45am-10:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Melanie              | 9:45am-10:30am<br><b>All Levels Pilates</b><br><b>Reformer</b><br>Alex                  | 11:00am -12:00pm<br><b>Blood Flow</b><br><b>Restriction</b><br><b>Training</b><br>Cezanne | 9:45am - 10:45am<br><b>Int/adv Pilates</b><br><b>Reformer</b><br>Alex |
| 10:00 -11:00am<br><b>Tighten &amp; Tone:</b><br>Glutes & Core<br>Taylor      |  | 11:00am-12:00pm<br><b>Pilates Stretch</b><br>Sarah  | 10:00 -11:00am<br><b>Tighten &amp; Tone:</b><br>Glutes & Core<br>Taylor                |   | 11:15am - 12:15pm<br><b>Int/adv Reformer</b><br>Gwen                                      | 11:00am -11:45am<br><b>FREE Intro to</b><br><b>Pilates</b><br>Alex    |



Programs are six weeks long: 4/15/24 - 5/31/24 Greatest Results \$300 Advanced Weight Lifting; Tribe Extreme HIIT, Functional Strength, Core Strength \$200 Pilates, TRX & Blood Flow, Tighten and Tone, & Beginning Weight Lifting (Drop in) \$25 per session or purchase a package: 5 for \$100, exp. 90days 10for \$180 exp. 120days or 20 for \$300 exp. 180 days

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| MON   | TUES  | WED  | THURS  | FRI  | SAT | SUN |
|---|---|--|--|--|-----|-----|
| 4:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Jalin  |   | 4:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Jalin   |  |  |     |     |
| 4:00pm-4:45pm<br><b>Footwork &amp; Mobility</b><br>Jodi       | 5:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Jodi | 4:00pm-4:45pm<br><b>Footwork &amp; Mobility</b><br>Jodi        | 5:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Gwen                          |  |     |     |
| 5:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Lawren | 5:30pm-6:30pm<br><b>Advanced Weight Lifting</b><br>Cayden   | 5:00pm-5:45pm<br><b>All Levels Pilates Reformer</b><br>Cezanne | 5:30pm-6:30pm<br><b>Advanced Weight Lifting</b><br>Cayden                            |  |     |     |
| 5:00pm-5:45pm<br><b>BURN</b><br>Jodi                          | 6:30pm-7:30pm<br><b>Beginning Weight Lifting</b><br>Cayden  | 5:00pm-5:45pm<br><b>BURN</b><br>Jodi                           | 6:30pm-7:30pm<br><b>Beginning Weight Lifting</b><br>Cayden                           | 6:00pm - 7:00pm<br><b>Pilates &amp; Pinot</b><br><b>4/12 \$40</b><br>Cezanne |     |     |
| 6:00pm-7:00pm<br><b>TRIBE HIIT CORE</b><br>Cezanne            | 6:00pm-7:00pm<br><b>Int/advPilates Reformer</b><br>Alex     | 6:00pm-7:00pm<br><b>TRIBE HIIT CORE</b><br>Cezanne             | 7:00pm-8:00pm<br><b>Girls Just Want to Have Fun</b><br><b>4/18</b> Cezanne & Heather |  |     |     |
| 7:00pm-8:00pm<br><b>Greatest Results</b><br>Cezanne           |   | 7:00pm-8:00pm<br><b>Greatest Results</b><br>Cezanne            |  |  |     |     |
|   |   |  |  |  |     |     |



Programs are six weeks long: 4/15/24 - 5/31/24    Greatest Results \$300    Tribe Extreme HIIT, Functional Strength, Core Strength \$200  
 Pilates, TRX & Blood Flow, Tighten and Tone, & Beginning Weight Lifting (Drop in) \$25 per session or purchase a package: 5 for \$100, exp. 90days 10for \$180 exp. 120days or 20 for \$300 exp. 180 days

### **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 on

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

**Instructor: Coach Jodi Broz**

**Cost: \$100 for the six-week series**

### **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**

**Instructor: Coach Jodi Broz**

**Cost: \$100 for the six-week series**

### **Tribe HIIT Extreme**

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!

**When: Tuesdays and Thursdays at 5:30 am**

**Instructor: General Manager Jen Azevedo**

**Cost: \$100 for one class per week and \$200 for two days per week for the six-week series**

### **Tribe HIIT/Core**

This program combines the best from two great classes – Tribe HIIT EXTREME and Tribe Core Strength. You will build full-body strength and endurance while toning and stabilizing your core. The small class size allows you to get more one-on-one guidance to help you have even better results!

**When: Mondays and Wednesdays at 6 pm**

**Instructor: Fitness Director Cezanne Youmazzo**

**Cost: \$100 for one class per week and \$200 for two days per week for the six-week series**

### **Advanced Weight Lifting**

This progressive program will involve learning Olympic lifts, certain plyometric exercises, along with some core work and stretching. Each workout builds on the last.

**When: Tuesdays and Thursdays @ 5:30 PM**

**Instructor: Fitness Coach Cayden Dunn**

**Cost: \$200 for Six Weeks**

### **Greatest Results Small Group Training**

The Greatest Results is a comprehensive program that supports you in succeeding in your fitness and nutrition goals. When you register for Greatest Results, you receive:

Personal guidance

HIIT classes with cardio and weight training , Recipes, meal planning, nutrition education, and supermarket field trip, three complimentary Pilates Reformer or small group training sessions. This program is available to everyone, and all exercises are adaptable if you have an injury or ailments. See your progress with before and after measurements and performance testing. Celebrate and win prizes at the end of the challenge!

**When: Mondays and Wednesdays at 7:00 pm or Tuesdays and Thursdays at 5:30 am**

**Instructor: Mondays and Wednesdays: Fitness Director, Cezanne; Tuesdays and Thursdays Fitness Coach Justin Deanda**

**Cost: \$300 for the six-week series**

### **Beginning Weight Lifting**

Learn the basics of weight lifting learning Olympic Lifts along with mobility and stretching.

**When: Tuesdays and Thursdays @6:30pm**

**Cost: \$15-\$25 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.

**When: Tuesdays, Thursdays, and Fridays at 7:00 am and Saturdays at 11:00 am**

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

**Cost: \$15-25 per session, depending on the price package.**

## **BURN**

Experience a cardio revolution like never before! BURN pushes the boundaries by blending Rowing challenges, Ski Erg, Sled push/pull/drag/row, suspension training and battle ropes into one explosive workout. Get ready to torch calories like never before and unleash your inner athlete, craving more with every sweat-inducing session!

**When: Mondays and Wednesdays at 5:00pm**

**Instructor: Coach Jodi Broz**

**Cost: \$15-25 per session, depending on the price package**

## **Footwork and Mobility for Tennis and Pickleball Players**

If you want to play racquet and paddle sports longer, lift heavier, and jump higher you need to incorporate more hip strength and mobility. This class focuses on footwork, range, strength, flexibility in multiple planes to strengthen your hips, improve stride alignment, and reduce low back and knee pain. There is a maximum of eight people.

**When: Mondays and Wednesdays at 4:00pm Sundays at 8:00 am**

**Instructor: M/W Coach Jodi Broz and Sundays Coach Cayden Dunn**

**Cost: \$15-25 per session, depending on the price package**

## **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: \$15-25 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 March 22nd**

**Instructor: Fitness Coach Allison Nelson**

**Cost: \$40**

### **Trainer Workout**

This challenging Sunday Workout of the Day (WOD) is perfect for the weekend warrior or anyone wanting a challenging but fun workout led by an expert coach. General Director Jen Azevedo will help you to work harder than you would by yourself. There is a maximum of ten people per class.

**When: Sundays at 7 am**

**Instructor: General Director Jen Azevedo**

**Cost: \$15-25 per session, depending on the price package.**

### **Tighten & Tone: Glutes & Core - abs and assets**

**two classes in one designed to build thick cakes, strengthen legs/core and shed stubborn belly fat starting April 16th**

**When: Mondays and Thursdays at 10:00am**

**Cost: \$15-\$25 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: \$15-25 per session, depending on the price package**

**Girls Just Want to Have Fun Pop up 80's workout- 80's themed workout followed by your choice of an alcoholic or non alcoholic beverage and an 80's movie.**

**When: Thursday April 18th 7pm**

**Instructors: Fitness Director, Cezanne Youmazzo; and Fitness Instructor Heather Deffenbaugh**

**Cost: \$25**