



THE PASEO CLUB
VALENCIA

BACK TO SCHOOL SEASON SMALL GROUP TRAINING CALENDAR

AUGUST 9TH – SEPTEMBER 27TH

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30 – 6:30 am Greatest Results Justin		5:30 – 6:30 am Greatest Results Justin	5:30 – 6:30 am Greatest Results Justin		
	7 – 7:45 am Blood Flow Restriction Training Justin				8:00 – 9:15 am PASEO PERFORMANCE HYROX CHALLENGE	
8:00 – 9:00 am PASEO PERFORMANCE Glutes + Core Taylor	8:30 – 9:00 am PASEO PERFORMANCE Mal	8:30 – 9:00 am PASEO PERFORMANCE Mal	8:30 – 9:00 am PASEO PERFORMANCE Mal	8:30 – 9:00 am PASEO PERFORMANCE Mal		
3:00pm – 5:30pm Legacy Rental	3:00pm – 5:30pm Legacy Rental	3:00pm – 5:30pm Legacy Rental	3:00pm – 5:30pm Legacy Rental		11 am – 12 pm Women's Strength Training Cezanne & Jason	
6 – 7 pm Greatest Results Gwen	6 – 7 pm PASEO PERFORMANCE MAL	6 – 7 pm Women's Strength Training Cezanne	6 – 7 pm PASEO PERFORMANCE MAL			

Small Group and Pilates Packages Pricing: \$30 per session or 5-pack for \$110, (expires 90 days), 10-pack for \$210 (exp. 120 days), or 20-pack for \$360 (exp. 180 days)

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 Cezanne Youmazzo

When: Tuesdays at 7:00 am

Instructor: Justin DeAnda

Cost: \$18-\$30 per session depending on package

Greatest Results Transformation Challenge -

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 at 6:00 pm and Wednesdays at 7:00 pm

Instructor: Justin Deanda and Gwen Dignadice

Cost: \$300 for 6 weeks

Paseo Performance

Welcome to our newest Small Group Training offering with Master Trainer, Mal Felix. Paseo Performance is a strength training program built for those who want structure, coaching, and community in one powerful experience. Our semi-private sessions offer individualized attention in a small-group setting, with progressive training cycles designed to help you build muscle, improve form, and move with confidence. Every member has access to their own equipment and expert coaching, ensuring efficient, effective workouts tailored to all fitness levels.

Whether you're new to lifting or looking to break through plateaus, Paseo Performance meets you where you are and challenges you to grow. With a culture rooted in progress, positivity, and personal attention, we're more than a gym — we're a community committed to strength in every form.

When: Tuesday–Friday 8:30am; Tuesday and Thursdays 6:00pm

Instructor: Max Felix

Cost: \$18–30 per session, depending on the price package

Paseo Performance Glutes + Core

This class will help you Build strength from the center out in this focused Small Group Training program with Coach Taylor Robarts. Designed to target your glutes and core through progressive, strength-based workouts, each session delivers expert coaching, personalized attention, and a supportive community atmosphere.

Whether you're starting your strength journey or leveling up your training, this class helps you move better, feel stronger, and train with purpose.

When: Mondays 8:00am

Instructor: Taylor Robarts

Cost: \$18–30 per session, depending on the price package

Paseo Performance Hyrox 6 Week Program

HYROX Team Challenge: Race to the Finish

4 Teams. 6 Athletes per Team. 1 Epic Prize.

Get ready to test your grit, speed, and teamwork in The HYROX Team Challenge — a high-intensity fitness competition where four teams of six will train, push limits, and go head-to-head in a series of HYROX-inspired workouts and challenges.

Over several weeks, teams will compete in events that mirror the format of a real HYROX competition: think sled pushes, rowers, wall balls, burpee broad jumps, and more. Every rep, every second, and every drop of sweat counts as you earn points through weekly team challenges and leaderboard standings.

The Prize

The winning team earns a trip to an official HYROX competition — your chance to represent your club on the big stage. This isn't just a fitness program. It's a test of resilience, strategy, and team spirit.

Are you ready to train like a champion and win like a team?

Let the challenge begin.

When: Saturdays 8:00am

Instructor: Sean Ferguson

Cost: \$120 Members; \$180 Non-Members

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 10 people in each session.*

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

Instructor: Jason & Cezanne Youmazzo

Cost: \$130 per Day for 7 weeks