

BACK TO SCHOOL SEASON SMALL GROUP TRAINING CALENDAR AUG/SEPT

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am -7:00am Aquatics Rental	5:30am-6:30am TRIBE EXTREME HIIT	6:00am -7:00am Aquatics Rental	5:30am -6:30am TRIBE EXTREME HIIT			
7:00am -7:45am ALL Levels Reformer Pilates Sarah	5:30am - 6:30am Greatest Results Justin	7:00am -7:45am Blood Flow Restriction Training Pilates Cezanne	5:30am - 6:30am Greatest Results Justin	7:00am -7:45am Burn Cezanne		7:00am -7:45am Trainer Workout
8:00am-9:00am TRIBE FUNCTIONAL FITNESS Jodi	7:00am -7:45am Blood Flow Restriction Training Justin	8:00am9:00am TRIBE CORE STRENGTH Jodi	7:00am -7:45am ALL Levels Reformer Pilates Trish			
8:30am-9:30am All Levels Pilates Reformer Allison	7:00am -7:45am ALL Levels Pilates Reformer Sarah	8:30am-9:30am All Levels Pilates Reformer Melanie		8:30am-9:30am TRX & Core Jodi	8:30am-9:30am All Levels Pilates Reformer Allsion	8:45am-9:30am Pilates Stretch Alex
9:45am -10:30am Burn Cezanne	8:30am-9:30am All Levels Reformer Cezanne	9:45am -10:30am Burn Cezanne	8:30am-9:30am All Levels Pilates Reformer Melanie	8:30am-9:30am Int. Adv. Pilates Reformer Alex	9:45am-10:45am All Levels Pilates Reformer Cezanne	
9:30am-10:30am All Levels Pilates Reformer Melanie	9:30am-10:30am All Levels Pilates Reformer Allison	9:45am-10:30am All Levels Pilates Reformer Jalin	9:45am-10:30am All Levels Pilates Reformer Melanie	9:45am-10:30am All Levels Pilates Reformer Alex	11:00am -12:00pm Women's Strength Training Cezanne	9:45am - 10:45am Int/adv Pilates Reformer Alex
					11:15am - 12:15pm Int/adv Reformer Gwen	11:00am -11:45am FREE Intro to Pilates 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



BACK TO SCHOOL SEASON SMALL GROUP TRAINING CALENDAR AUG/SEP

MON	TUES	WED	THURS	FRI	SAT	SUN
	2:45pm-3:30pm Legacy Strength class		2:45pm-3:30pm Legacy Strength class	4:00pm-5:45pm All Levels Pilates Reformer Nicole		
4:00pm-5:45pm All Levels Pilates Reformer Jalin	2:45pm-5:30pm Legacy Basketball	4:00pm-5:45pm All Levels Pilates Reformer Robin	2:45pm-5:30pm Legacy Basketball	5:00pm-5:45pm All Levels Pilates Reformer Nicole		
5:00pm-5:45pm All Levels Pilates Reformer Cezanne	5:00pm-5:45pm All Levels Pilates Reformer Jodi	5:00pm-5:45pm All Levels Pilates Reformer Cezanne	5:00pm-5:45pm All Levels Pilates Reformer Gwen	5:30pm-6:00pm Pickleball Injury Prevention Workshop Daniel		
5:00pm-5:45pm TRIBE FUNCTIONALLY FIT Jodi	6:00pm-7:00pm Beginning Boxing Danny	5:00pm-5:45pm TRIBE FUNCTIONALLY FIT Jodi	6:00pm-7:00pm Beginning Boxing Danny			
6:00pm-7:00pm TRIBE HIIT/CORE Cezanne	7:00pm-7:45pm Burn Danny	6:00pm-7:00pm Women's Strength Training Cezanne	7:00pm-7:45pm Burn Danny			
7:00pm-8:00pm Greatest Results Cezanne	6:00pm-7:00pm Int/advPilates Reformer Alex	7:00pm-8:00pm Greatest Results 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

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

Pickleball Injury Prevention Workshop

Daniel our assisted stretching specialist will work with you on proper injury prevention techniques, warm ups and dynamic stretches that are perfect before or after you play Pickleball.

When: Fridays 5:00pm - 6:00pm

Instructor: Assisted Stretching Specialist, Daniel Baliakov-Peterson

Cost: \$17 - \$30 depending on 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: \$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, July 12th and August 9th

Instructor: Fitness Director Cezanne

Cost: \$40

Post Summer Sculpt Program

This is a 6week progressive program with Pilates reformer, Tighten and Tone Booty and Abs Sculpting with nutrition meal planning, recipes, & grocery lists. Get ready to sculpt, tone and build your body, ignite your core and shed stubborn belly fat as we go through dynamic exercises weekly to get ready for summer! Focusing on strength training and lower intensity movements be prepared for new challenges. Abs on fire!!! We plan on torching belly fat and carving your core, say goodbye to your love handles and say hello to abs. From killer planks to oblique twists we will target a strong deep core and toned mid section. Whether you're looking to build a rounder, firmer booty or simply want to tone your legs this program is a ticket to cake greatness. Get ready to feel the burn and strut out feeling stronger, tighter and more confident than ever. Lets sculpt those curved and unleash the booty gains!!!

When: 10:30am Mon, Tu, Th, Fri

Instructor: Coaches Taylor and Alex

Cost: \$300 for 6 weeks

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 Manager Jen Azevedo

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

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 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: \$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