



THE PASEO CLUB

Weekly Group Exercise Schedule

The intensity scale is a general guideline. All classes are available to all members. Instructors can modify exercises as needed.

Light Intensity	Moderate Intensity	High Intensity
Monday	Tuesday	Wednesday
7-7:45 am Cardio Strength Allison	5:15-5:45 am Cycle Xpress Mark	6-6:45 am Athletic Step Chelley
7-7:45 am Cycle Jackie	6-6:45 am Cycle Maddie	7-7:45 am Cycle Michael
8:15-9:15 am Strictly Strength Lexie	8:15-9 am Cardio & Core Lynette	8-8:45 am Dynamic Strength Lynette
8:30-9:30 am Cycle Unplugged Lynette	9:15-10:15 am Liquid Cardio Rosemary	9:15-10 am Mat Pilates Heather
9:15-10:15 am Liquid Cardio Jodi	9:15-10:15 am Barre Sculpt Angie	9:15-10:15 am Liquid Cardio Angie
9:30-10:30 am Yoga: Light Flow Allison	10:30-11:15 am Cardio Strength Allison	10:15-11:15 am Tone & Balance Lexie
10:45-11:30 am Mat Pilates Angie		11:30 am-12:15 pm Mini Tramp. Cardio Talia
12-1 pm Strength & Tone April		
4:45-5:45 pm Restorative Yoga Andrea	4:45-5:45 pm Slow Flow Yoga Justin	4:30-5:30 pm Restorative Yoga Allison
6-6:45 pm Cardio Strength April	6-6:45 pm Strength & Tone Dana	5-6 pm Cycle Unplugged Alex
6-7 pm Cycle Jodi	6-7 pm Cycle Michael	5:45-6:45 pm Strictly Strength Jodi
7-7:45 pm Kickboxing Chelley	7-7:45 pm Barre Body Jodi	6-6:45 pm Cardio Strength Dana
		7-7:45 pm Zumba Kia
		7-8 pm Restorative Yoga Andrea

Class Descriptions

Athletic Step- A high-energy, cardio-focused interval training workout that combines traditional step aerobics with athletic movements for maximum results. Using a step platform, participants alternate between bursts of high-intensity exercises—such as power jumps, lunges, and explosive moves—and short recovery periods to boost endurance, agility, and calorie burn. This dynamic format not only improves cardiovascular fitness but also builds strength and coordination. Designed for intermediate to advanced fitness levels, Athletic Step delivers an intense, rewarding experience that keeps you motivated and challenged.

Barre Sculpt- Define and strengthen your body with our Barre Sculpt class. This workout amplifies the toning benefits of barre by incorporating light hand weights, resistance bands, and other props. We'll use high repetitions and precise movements to exhaust your muscles, building muscular endurance and giving you a lean, sculpted look. Focus on form and control as you work your way to a stronger, more defined you.

CARDIO & CORE – All of the cardio bursts with none of the weight! Your body is the weapon in this 45-minute class where we will focus on blasts of cardio energy and quick recovery to maximize your heart rate as well as your calorie burn. Spend the last 15 minutes of class torching your core. Class will change every week so you will never get bored. Bring a mat.

CARDIO STRENGTH – A HIIT (high-intensity interval training) class that combines cardio to get your heart rate up, with muscle conditioning exercises to build strength. Sign-up is available 72 hours in advance.

CORE, TONE, & STRENGTH – Body weight exercises to strengthen your abs, lower back, and tone your shoulders. Stretch to increase flexibility and lengthen muscles.

CYCLE – This class is a great all-levels cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills. This is a metric-based class using an interactive system called SPIVI. Be sure to download the SPIVI app, so the ride is tailored to you. Tennis shoes are fine, but cycle shoes with SPD or LOOK (delta) clips are recommended.

CYCLE FUSION – Dynamic blend of cycling and bodyweight exercise. Wear tennis shoes for this class.

CYCLE UNPLUGGED – Leave the screens behind and tap into the energy of a truly immersive, instructor-led ride. It is a dynamic and fun class that pushes your limits through powerful music, motivating coaching, and non-stop movement. No tech, just pure connection and challenge. Build endurance, strength, and confidence as you ride to the rhythm and find your edge.

DYNAMIC STRENGTH – Get ready for burpees, mountain climbers, jump squats, etc., and full-body dynamic exercises implementing dumbbells with the moves.

KICKBOXING – Full-body workout that includes punches and kicks. Build a fit and confident body and relieve stress.

LIQUID CARDIO – This is a cardio, toning, and muscle conditioning class, which incorporates stretching and mobility work. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.

SLOW FLOW YOGA – Take a mindful pause in the middle of your day. This class is gentle yet invigorating and combines breathwork with slow, intentional movement to release tension, improve posture, build strength, and increase flexibility. This class is a safe, supportive space that encourages mind-body connection, inviting you to return to your day feeling centered and refreshed.

PILATES MAT – Mat-based Pilates class focuses on stability, posture, and proper breath control. Each class will work on strength and flexibility, with an emphasis on challenging the core muscles with each movement. All movements are taught in a slow and controlled manner.

POWER VINYASA FLOW YOGA – Build strength, increase flexibility, and challenge your edge. Link breath with movement, creating a flowing sequence that builds heat, focus, and endurance. In this energizing class, you'll move through creative transitions, full-body strength-building poses, and moments of mindful stillness. Build your core stability, enhance joint integrity, and develop full body awareness.

STRENGTH & TONE – Get a great overall resistance training workout in this class. Various props are used to give you the definition you have been waiting for.

STRICTLY STRENGTH – This is a 60-minute pre-choreographed barbell program that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Match movement to music and work at your own level.

TONE AND BALANCE – Improve muscle tone, coordination, and mental clarity in this thoughtfully sequenced class. Using light resistance and functional movement, we'll challenge your body, then finish with a calming stretch and mindfulness practice.

YOGA - With this yoga practice, you will establish a rhythm of breath that will guide the body into movement, promoting strength, proper alignment and flexibility. Cultivate heat in the body with sequences involving sun salutations, standing and seated postures, and core-based movements. Class ends with Savasana for a calm and peaceful state. Nourish and fortify your health and well-being.

YOGA: LIGHT FLOW THERAPEUTICS - Enjoys a slow flow centered on creative sequencing that builds heat, endurance, flexibility and strength with conscious breathing. Therapeutics is restorative, relaxing, releasing, stabilizing, strengthening, and healing. This class is suitable for all levels. Modifications will be offered to allow all to feel safe, strong and comfortable.

YOGA - THERAPEUTICS/RESTORATIVE - In this therapeutic yoga class, we will work to open all the parts that cause the most pain and discomfort in the body, including hips, low back, sciatic, upper back, neck, elbows and shoulders. We will practice a combination of therapeutic yoga, FRC mobility work for the joints, and gentle somatic yoga to reconnect brain-to-muscle function and awaken the body from sensory motor amnesia, the main cause of chronic pain.

ZUMBA - Dive into this exciting hour of calorie-burning, body-energizing movements with a Latin flavor and some international zest. Easy to follow moves create this one-of-a-kind workout. Please bring your own towel and water. Athletic shoes required.