



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	Thursday	Friday	Saturday	Sunday
7-8 am Cardio Strength Allison	5:15-6:15 am Cycle HIIT Mark	7- 7:50am Strength, Length & Flow April		7-8 am Cycle Michael	8-9 am Zumba Dario	8-9 am Cycle Michael
7-8 am Cycle Jackie		7-8 am Cycle Michael	5:30 -6:30 am Cycle Mark	6:45-7:45 am Strength Works Chelley	8:30-9:30 am Cycle Jodi	8:15-9:15 am Cardio Strength Lexie
8:15-9:15 am Strictly Strength Lexie	8 -9 am Cardio & Core Lynette	8-9 am Dynamic Strength Lynette	8:15-9:15 am Cycle Fusion Lynette	8-9 am Kickboxing Lynette	9:15-10:15 am Liquid Cardio Tara	9:30-10:30 am Zumba Kia
8:15-9:15 am Cycle Unplugged Lynette	9:15-10:15 am Liquid Cardio Rosemary	9:15-10:15 am Mat Pilates Heather	8:15-9 am Step and Sculpt Annette	9:15-10:15 am Total Body Burn Angie	9:15-10:15 am Cardio Strength Allison	10:45-11:45 am Yoga Kylee
9:15-10:15 am Liquid Cardio Jodi	9:15-10:15 am Barre Sculpt Angie	9:15-10:15 am Liquid Cardio Angie	9:15-10:15 am Liquid Cardio Jodi	9:15-10:15 am Liquid Cardio Tara	10:30-11 am Yoga Express Allison	
9:30-10:30 m Restorative Yoga: Allison	10:30-11:30 am Cardio Strength Allison	10:30-11:30 am Tone & Balance Lexie	9:15-10:15 am Barre Sculpt Angie	10:30-11 am Stability Strength 30 Lexie	11:15-12:15 pm TRX Series Various Instructors	
10:45-11:45 am Mat Pilates Angie	11:45 am-12:30 pm Rebounder Trampoline Talia		10:30-11:30 am Mat Pilates Angie	11-11:30 am Ignite Core 30 Lexie		
12-1 pm Strength & Tone April	4:30-5:30 pm Slow Flow Yoga Justin	4:30-5:30 pm Restorative Yoga Allison	11:45 am-12:15 pm Rebounder Trampoline Talia	11:45-12:45pm Power Vinyasa Yoga Justin		
4:30-5:30 pm Restore and Revitalize Yoga Andrea	5:45-6:45 pm Strength & Tone Dana	5:15-6:15 pm Cycle Unplugged Alex				
5:45- 6:45 pm Cardio Strength April	6 - 7 pm Liquid Cardio Tara	5:45-6:45 pm Strictly Strength Jodi	5:45-6:45 pm Cardio Strength Dana			
6-7 pm Cycle Jodi	6-7 pm Cycle Michael	7-8 pm Zumba Kia				
	7-8 pm Barre Sculpt Jodi		7-8 pm Restore and Revitalize Yoga Andrea			

Class Descriptions

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.

IGNITE CORE 30 - is a focused, high energy 30 minute workout designed to strengthen and ignite your entire core. This class targets the abdominals, obliques, lower back, and stabilizing muscles through a variety of dynamic exercises that build strength, stability, and endurance. Using bodyweight and functional training tools, you will move through efficient intervals that challenge your balance, improve posture, and support total body performance. Perfect as a standalone workout or paired with another class, Ignite Core 30 delivers a powerful core burn in just half an hour.

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.

PROP- POWERED YOGA - is a dynamic yoga class that incorporates supportive and strength-building equipment such as TRX straps, ballet bars, and balance tools to enhance traditional yoga poses. This class is designed to improve flexibility, stability, strength, and body awareness by using props to deepen stretches, assist with alignment, and challenge balance. Participants will flow through movements that combine yoga principles with functional training, creating a fun and engaging workout suitable for various fitness levels. Whether you are looking to build strength, improve mobility, or explore new ways to support your practice, Prop-Powered Yoga offers a creative and supportive approach to movement.

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.

STEP AND SCULPT- This energizing class combines step cardio with strength training. Using the step platform and light to moderate weights, you'll elevate your heart rate while sculpting and toning the entire body. Perfect for building endurance, strength, and coordination in one dynamic workout.

STABILITY STRENGTH 30- is a fast-paced, 30-minute total body workout designed to build strength, improve stability, and increase lean muscle. This efficient class combines strength exercises with balance-focused movements to engage your core and supporting muscles while targeting major muscle groups. Using a variety of equipment and bodyweight training, you will move through purposeful sets that maximize results in a short amount of time. Perfect for those looking for a quick but effective workout that strengthens the body, improves control, and builds lasting strength.

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.

STRENGTH WORKS- is a results-driven strength training class designed to build muscle, increase power, and improve overall functional strength. Led by an experienced weightlifting instructor, this class uses barbells, dumbbells, and various strength-training equipment to guide participants through structured lifting sets and strength-focused circuits. You will learn proper lifting techniques and target major muscle groups through progressive resistance exercises that build strength, endurance, and confidence in the weight room. Whether you are new to lifting or looking to elevate your training, Strength Works delivers a motivating and empowering strength-building experience.

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.

TOTAL BODY BURN- is a high intensity workout designed to fire up every muscle group. You will power through cardio, strength and core exercises. This full body workout blends explosive moves and targeted strength training to build endurance, burn fat and sculpt lean muscle.

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 EXPRESS- is a 30 minute yoga class designed to deliver the benefits of a full practice in a shorter amount of time. This efficient session focuses on mindful movement, breathwork, and key yoga poses to improve flexibility, balance, and overall mobility. Perfect for busy schedules, Yoga Express helps release tension, build strength, and leave you feeling refreshed and centered in just half an hour. Suitable for all levels, this class offers a quick reset for both body and mind.

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 the 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.