

# GROUP EX SCHEDULE

(Free with membership)

## OCTOBER 2025



**Group Exercise Manager:**  
Leah Smollin

To register for cycle classes  
please download the SPIVI app,  
create your account and avatar.  
From here you can reserve your bike  
of choice

\*Indicates New Class or Renamed  
Class



**THE PASEO CLUB**  
VALENCIA

MON	TUES	WED	THURS	FRI	SAT	SUN
7 - 7:45am <b>Cardio Strength</b> Allison	5:15 - 5:45 am <b>Cycle Xpress</b> Mark	7 - 7:45 am <b>Cycle</b> Michael	5:15 - 5:45 am <b>Cycle Express</b> Mark	7 - 8 am <b>Cycle</b> Michael		
7: - 7:45 am <b>Cycle</b> Jackie	6 - 6:45. am <b>Cycle</b> Maddie	7 - 7:45 am <b>*Yin Yoga*</b> Lacey	6 - 6:45 AM <b>Cycle</b> Mark	7- 7:45am <b>Core, Tone &amp; Strength</b> Jodi	8 - 9 am <b>Zumba</b> Dario	8 - 9 am <b>Cycle</b> Michael
8:15 - 9:15 am <b>Strictly Strength</b> Lexie	8:15 - 9:00 am <b>Cardio &amp; Core</b> Lynette	8:00 - 8:45 am <b>Dynamic Strength</b> Lynette		8 - 8:45 am <b>Kickboxing</b> Lynette		8:30 - 9:15 am <b>Cardio Strength</b> Lexie
		9 - 10 am <b>*Cycle Unplugged*</b> Lynette	8:15 - 9:15 am <b>Cycle Fusion</b> Lynette	9 - 10 am <b>Strictly Strength</b> Cezanne	8:30 - 9:30 am <b>Cycle</b> Cezanne	9:15 - 9:45 am <b>•Spin 101: Ride•Ready•</b> every other week
9:15 - 10:15 am <b>Liquid Cardio</b> Jodi	9:15 - 10:15 am <b>Liquid Cardio</b> Rosemary	9:15 - 10 am <b>Mat Pilates</b> Heather	8:15 - 9 am <b>Cardio Strength</b> Cezanne	9:15 - 10:15 am <b>Liquid Cardio</b> Tara	9:15 - 10:15 am <b>Liquid Cardio</b> Tara	9:30 - 10:15 am <b>Zumba</b> Heather
9:30 - 10:30am <b>Yoga - light flow therapeutics</b> Allison	9:15 - 10:15 am <b>Barre Body</b> Jodi	9:15 - 10 am <b>*Aqua Blast*</b> Angie	9:15 - 10:15 am <b>Liquid Cardio</b> Jodi	10:15 - 11:15 am <b>Tone &amp; Balance</b> Lexie	9:15 - 10 am <b>Cardio Strength</b> Allison	10:30 - 11:30 am <b>Yoga</b> Kylee
10:45 - 11:30 am <b>Mat Pilates</b> Angie	10:30am - 11:15am <b>Cardio Strength</b> Allison	10:15 - 11:15 am <b>Tone &amp; Balance</b> Lexie	9:15 - 10 am <b>*Barre Sculpt*</b> Angie	11:30 - 12:30 pm <b>Power Vinyasa Flow Yoga</b> Justin	10:15 - 11:00 am <b>*Mat Pilates*</b> Ashley	

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(INCLUDED IN MEMBERSHIP)

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**THE PASEO CLUB**  
VALENCIA

MON	TUES	WED	THURS	FRI	SAT	SUN
12 - 1 pm <b>Strength &amp; Tone</b> April		4:30 - 5:30 pm <b>Yoga- Therapeutic/ Restorative</b> Allison	10:15 - 11 am <b>Mat Pilates</b> Angie			
	4:30 - 5:15 pm <b>*Junior Fitness Warriors (ages 5-9)</b> Tara		12 - 1 pm <b>Mobility Slow Flow Yoga</b> Lacey			
4:30 - 5:30 pm <b>*Restorative Yoga*</b> Andrea	6 - 6:45 pm <b>Strength &amp; Tone</b> Dana	5 - 6 pm <b>*Cycle Unplugged*</b> Alex	5- 5:45 pm <b>*Power Pilates*</b> Angie			
6 - 6:45 pm <b>Cardio Strength</b> April	6- 7 pm <b>Cycle</b> Michael	5:45 - 6:45 pm <b>Strictly Strength</b> Jodi	6 - 6:45 pm <b>Cardio Strength</b> Dana			
6 - 7 pm <b>Cycle</b> Jodi	7- 7:45 PM <b>Barre Body</b> Jodi	7 - 8 pm <b>*Restorative Yoga*</b> Andrea				
7 - 8 pm <b>Yoga - Beg./Int.</b> Kim						

**AQUA BLAST**– a low-impact, high-energy exercise session held in the pool. The natural buoyancy of the water provides a supportive environment for your joints, while its resistance challenges your muscles, making every move more effective. This class combines cardiovascular conditioning, strength training with props, and flexibility exercises, all set to upbeat music. It's the perfect way to get a full-body workout without the strain on your body.

**BARRE BODY** – A full-body workout with or without the barre to increase strength and flexibility and lengthen muscles. Class uses small dumbbells. Sign up up to 72 hours ahead.

**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 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 to plug in your metrics, so the ride is tailored to you. All levels are welcome. Wear comfortable clothing; 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.

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

**JUNIOR FITNESS WARRIORS (ages 5–9)** – Every Tuesday, your child can come to a playful, story-based fitness class where kids embark on "adventures" through movement! Using games, obstacle courses, and basic yoga poses, children develop balance, coordination, and body awareness. Light props (hoops, soft mats, and ribbons) keep it interactive while teaching foundational motor skills in a joyful, non-competitive environment.

**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.

**MINDFULLY MOVING YOGA** – This practice invites you to fully immerse yourself in the present moment through mindful movement and breath. Flow gently with sustained holds, encouraging a deep connection between body and breath. You'll cultivate strength, vitality, and ease, releasing tension, improving mobility, and creating space where the body feels restricted. Mindfully Moving Yoga harmonizes body, mind, and spirit, leaving you feeling balanced, open, and renewed.

**MOBILITY SLOW FLOW YOGA**–Take a mindful pause in the middle of your day with Mobility Slow Flow Yoga. 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 deeper body awareness and a stronger mind-body connection, inviting you to move intuitively, reconnect with your breath, and return to your day feeling centered and refreshed.

**OUTDOOR STRIDE & THRIVE** – Take your fitness to the trails with a high-energy, goal-driven workout blending power walking, cardio bursts, and plyometric drills! Whether you're training for a race, aiming to improve your walking pace, or simply enhancing your endurance, this class adapts to your goals while burning calories and building stamina. Expect interval-based challenges, scenic routes, and a motivating group vibe—all under the open sky. Perfect for all levels, with modifications to match your speed and intensity.

**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 PILATES**– Add a new challenge to your core workout! This mat-based class incorporates small props to add resistance and intensify every exercise. Using tools like the Pilates ring, resistance bands, and light hand weights, we'll deepen the work in your core while targeting and sculpting your arms, legs, and glutes. This class is designed to build lean muscle, increase endurance, and improve muscular definition.

**POP UP CLASSES–**

- October 17– 6pm– High Energy Fun Ride w/Lexie– Cycling Studio**
- October 18– 9–10:30am Breast Cancer Zumbathon**
- October 30– 6:30– 7:15 pm Glow in the Dark Pilates Reformer Class w/Allison**
- October 31– 10:15 am Halloween Themed Class w/Lexie**

**POWER VINYASA FLOW YOGA** – Build strength, increase flexibility, and challenge your edge. Vinyasa is a dynamic style of yoga that links 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—all guided by the rhythm of your breath. Build your core stability, enhance joint integrity, and develop full-body awareness.

**SPIN 101: RIDE READY** – New to spinning? Start your journey here! This is a beginner-friendly, 30-minute intro class designed to teach you the basics — from proper bike setup and Spivi connection to mastering resistance, posture, and pedal rhythm. Each week, a different instructor leads a sample ride (with light intervals and climbs) so you can explore coaching styles, ask questions, and find your groove, all before a smooth cooldown. This class is offered every other week at 9:15 am on Sundays.

**STRENGTH & TONE** – An overall resistance training workout. Various props are used to give you the definition you have been waiting for.

**STRICTLY STRENGTH** – 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 use traditional strength training, which allows participants to work at their 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.

**YIN YOGA-** Yin is a slow paced yoga practice that emphasizes longer holds in floor-based poses to target deep connective tissues. This practice is known to improve flexibility, joint mobility, and circulation, while also cultivating a calm and centered state of mind. Expect to incorporate a lot of props for support

**YOGA BEGINNER/INTERMEDIATE** - With this yoga practice, one establishes a rhythm of breath that will guide the body into movement, creating a mindful and active meditation, 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 INTERMEDIATE/ADVANCED** - This class will keep you moving! You'll flow continuously through strong sequences of traditional Sun Salutation, standing postures, balance postures, light backbends, forward folds, and gentle twists linking breath with movement. This practice will build your strength, endurance, awareness, confidence, and joy as you push the edge of your balance and flexibility.

**YOGA - LIGHT FLOW THERAPEUTICS** - The beginning portion of this class combines a slow flow centered on creative sequencing that builds heat, endurance, flexibility and strength with conscious breathing. The second half will be spent on therapeutics. Whether you're healing from an injury or just want to relax, this part of the class is for you. Therapeutics is restorative, relaxing, releasing, stabilizing, strengthening, and healing. It quiets the mind, soothes the nervous system, lowers blood pressure, decreases stress and so much more. 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. Each week we will work to target chronic pain, stiffness and discomfort in 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. Join Dani once a week for this self-care opportunity.

**ZUMBA** - An 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.