



THE PASEO CLUB

# Weekly Small Group Training Schedule

All classes are available to all members.  
Instructors can modify exercises as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Greatest Results 5:30-6:30 am Justin		Greatest Results 5:30-6:30 am Justin	Greatest Results 5:30-6:30 am Justin		
	Blood Flow Rest. Training 7 - 7:45 am Justin				Paseo Performance Push 7-8 am Christian	
				Paseo Performance Power Hour 9-10 am Mal	Paseo Performance Lift 9-10 am Mal	
					Paseo Performance Power Hour 10-11 am Jodi	
Greatest Results 6-7 pm Gwen	Paseo Performance Lift 6-7 pm Mal	Paseo Performance Lift 6-7 pm Mal				
		Greatest Results 7-8 pm				

Single Session: \$30

5 pack - \$110 (\$22/session)

10 pack - \$210 (\$21/session) • 20 pack - \$360(\$18/session)

Paseo Performance is a free 6-week program beginning March 1, 2026

\*Please Note: All Small Group Classes take place in the Paseo Performance room. When there are no small group classes in session, this space is used for personal training and private events. Please check the use calendar on site or speak with Fitness Department Manager Mal Felix if you have further questions.

## Class Descriptions

### **Blood Flow Restriction Training**

BFT helps you get leaner and more toned quickly, using less weights. Lose weight fast and keep it off using B3 bands. BFT is based on a scientific discovery that uses Blood Flow Restriction with light weight training to produce results that will change the way you exercise forever. Cut your workout time in half!

### **Greatest Results**

The Greatest Results is the most comprehensive health and fitness program available in Santa Clarita. Get personal training, HIIT classes, cardio, weights, Recipes, meal planning, supermarket field trip & nutrition education. Adaptive exercises for injuries and ailments. Before and After Measurements and Performance Testing. The winner receives 50% off the next program or 50% off a small group package. \$250 for the series.

### **Paseo Performance**

This 6-week program challenge and discover your ultimate personal performance. This program offers three key features: Lift Class, Push Class, and Power Hour — commit to all three to get the best results. Track real progress through Visbody scans and established performance benchmarks. Get a free bonus nutrition consult to help you optimize your diet for athletic performance.

- **LIFT**

Refined Strength Training

Lift is a focused, high-performance strength class designed to build serious power with intention. Centered around barbells, dumbbells, and kettlebells, this class emphasizes controlled lifts, progressive loading, and expert movement execution. Every session is thoughtfully programmed to develop strength, muscle, and confidence under the bar. Precise. Powerful. Uncompromising.

- **PUSH**

Elite Conditioning

Push is a conditioning experience built to challenge your limits and expand your engine. Using rowers, SkiErgs, Eagle bikes, battle ropes, and sleds, this class delivers relentless, intelligently structured work designed to elevate endurance and mental grit. Expect heavy breathing, high output, and a deep sense of accomplishment. This is where capacity is built—and boundaries are pushed.

- **POWER HOUR**

Strength & Conditioning

Power Hour is Paseo's signature blend of strength and conditioning—designed for total-body performance. This class pairs weighted movements with high-energy cardio to build power, stamina, and athletic efficiency. Each session flows with purpose, balancing intensity and control to deliver maximum results in a refined training environment. Strong. Fast. Fully dialed in.