

SEASON OF RENEWAL SMALL GROUP TRAINING CALENDAR MARCH/APRIL

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|--|---|--|---|---|---|
| | 5:30am-6:30am TRIBE EXTREME HIIT JEN | | 5:30am -6:30am TRIBE EXTREME HIIT Jen | | | |
| | 5:30am - 6:30am Greatest Results Justin | 6:00am -6:45am ALL Levels Pilates Reformer Sarah | 5:30am - 6:30am Greatest Results Justin | 7:00am -7:45am Blood Flow Restriction Training Cezanne | | 7:00am -7:45am Trainer Workout Jen |
| 7:00am -7:45am ALL Levels Reformer Pilates Sarah | 7:00am -7:45am Blood Flow Restriction Training Justin | 7:00am -7:45am Blood Flow Restriction Training Pilates Cezanne | 7:00am -7:45am Blood Flow Restriction Training Justin | 7:00am -7:45am Int/Adv Pilates Reformer Lynette | | 8:00am-8:45am Footwork & Mobility Cayden |
| 8:00am-9:00am TRIBE FUNCTIONAL FITNESS Jodi | 7:00am -7:45am ALL Levels Pilates Reformer Sarah | 8:00am-9:00am TRIBE CORE STRENGTH Jodi | | 8:30am-9:30am TRX & Core Jodi | 8:30am-9:30am All Levels Pilates Reformer Allsion | 8:30am-9:30am Pilates Stretch Alex |
| 8:30am-9:30am All Levels Pilates Reformer Allison | 8:30am-9:30am Pilates with Props Lawren | 8:30am-9:30am All Levels Pilates Reformer Melanie | 8:30am-9:30am All Levels Pilates Reformer Melanie | 8:30am-9:30am All Levels Pilates Reformer Alex | 9:45am-10:45am All Levels Pilates Reformer Cezanne | |
| 9:30am-10:30am All Levels Pilates Reformer Melanie | 9:45am-10:30am All Levels Pilates Reformer Lawren | 9:45am-10:30am All Levels Pilates Reformer Alex | 9:45am-10:30am All Levels Pilates Reformer Melanie | 9:45am-10:30am All Levels Pilates Reformer Alex | 11:00am -12:00pm Blood Flow Restriction Training Cezanne | 9:45am - 10:45am Int/adv Pilates Reformer Alex |
| | | 11:00am-12:00pm Pilates Stretch Sarah | | | 11:15am - 12:15pm Int/adv Reformer Gwen | 11:00am -11:45am FREE Intro to Pilates Alex |



THE PASEO CLUB
VALENCIA

Programs are six weeks long: 2/26/24 - 4/14/24 Greatest Results \$300 Tribe Extreme Hiit, Functional Strength, Core Strength \$200
Pilates, TRX & Blood Flow (Drop in) \$25 per session or purchase a package: 4 for \$88, 8 for \$160, 10for \$180 or 20 for \$300

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| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|------|---|--|--|-----|-----|
| 4:00pm-5:45pm All Levels Pilates Reformer Lawren | | | 4:00pm-5:45pm All Levels Pilates Reformer Robin | 5:00pm-5:45pm All Levels Pilates Reformer Gwen | | |
| 5:00pm-5:45pm All Levels Pilates Reformer Lawren | | 5:00pm-5:45pm All Levels Pilates Reformer Jodi | 5:00pm-5:45pm All Levels Pilates Reformer Cezanne | 6:00pm-7:00pm Int/advPilates Reformer Robin | | |
| 5:00pm-5:45pm Footwork and Mobility Jodi | | | 5:00pm-5:45pm Footwork and Mobility Jodi | | | |
| 6:00pm-7:00pm TRIBE HIIT CORE Cezannne | | 6:00pm-7:00pm Int/advPilates Reformer Alex | 6:00pm-7:00pm TRIBE HIIT CORE Cezannne | 6:00pm - 7:00pm Pilates & Pinot 3/22 \$40 Allison | | |
| 7:00pm-8:00pm Greatest Results Cezannne | | | 7:00pm-8:00pm Greatest Results Cezannne | | | |
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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 on

When: Wednesdays at 8:00 am

Instructor: Coach Jodi Broz

Cost: \$100 for the six-week series

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

Instructor: Coach Jodi Broz

Cost: \$100 for the six-week series

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

Greatest Results Small Group Training

The Greatest Results is a comprehensive program that supports you in succeeding in your fitness and nutrition goals. When you register for Greatest Results, you receive:

Personal guidance

HIIT classes with cardio and weight training , Recipes, meal planning, nutrition education, and supermarket field trip, three complimentary Pilates Reformer or small group training sessions. This program is available to everyone, and all exercises are adaptable if you have an injury or ailments. See your progress with before and after measurements and performance testing. Celebrate and win prizes at the end of the challenge!

When: Mondays and Wednesdays at 7:00 pm or Tuesdays and Thursdays at 5:30 am

Instructor: Mondays and Wednesdays: Fitness Director, Cezanne; Tuesdays and Thursdays Fitness Coach Justin Deanda

Cost: \$300 for the six-week series

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.

When: Tuesdays, Thursdays, and Fridays at 7:00 am and Saturdays at 11:00 am

Instructor: Fitness Director Cezanne Youmazzo and Coach Justin DeAnda

Cost: \$15-25 per session, depending on the price package.

Footwork and Mobility for Tennis and Pickleball Players

If you want to play racquet and paddle sports longer, lift heavier, and jump higher you need to incorporate more hip strength and mobility. This class focuses on footwork, range, strength, flexibility in multiple planes to strengthen your hips, improve stride alignment, and reduce low back and knee pain. There is a maximum of eight people.

When: Mondays and Wednesdays at 5:00 pm and Sundays at 8:00 am

Instructor: M/W Coach Jodi Broz and Sundays Coach Cayden Dunn

Cost: \$15-25 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 March 22nd

Instructor: Fitness Coach Allison Nelson

Cost: \$40

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 Director Jen Azevedo

Cost: \$15-25 per session, depending on the price 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 eight people per class.

When: Fridays at 8:30 am

Instructor: Coach Jodi Broz

Cost: \$15-25 per session, depending on the price package