



# SMALL GROUP TRAINING

## **Paseo Tribe**

LIFT and CORE: HIIT with body weight and equipment like bars, dumbbells, medicine balls, TRX, and more. A great strength training workout that is both competitive and efficient. Not a full cross-fit workout, but similar aspects to keep you in top shape.

*Tribe LIFT: Tues & Thurs 5:30 am with Jen, Wed 8 am with Jodi, Mon & Wed 6 pm with Cezanne*



## **Greatest Results**

A comprehensive team approach to fitness and nutrition, with guidance and camaraderie provided in seasons throughout the year. Work with assessment, nutrition, fitness, support, and group mentality to reach your goals and teach yourself to maintain them long after.

*Spring Session: Tues & Thurs 6 am with Justin, Tues & Thurs 9:30 am with Tara, and Mon & Wed 6 pm with Cezanne*





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## **Blood Flow Restriction**

Cutting-edge fitness technology used by Professional Athletes and Olympians to be at their fittest. Using cuffs and lighter weights, you'll see results quickly, no matter your current fitness level.

*M-F 7 am with Cezanne and Justin, Sun & Mon 9 am with Cayden and Melanie, and Wed 5 pm with Melanie*



## **LIFT**

Strength and endurance building within 60 minutes, focusing on mobility, strength, HIIT, and stretch to maximize gains and muscle performance. Learn about Olympic lifting and how it can change your entire body.

*Mon 8 am & 4:45 pm with Jodi, Wed 4:45 pm with Jodi, and Fri 8:30 am with Jodi*





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## **TRX & CORE**

Total Body Resistance Exercise, focusing your body movements into instability to provide balance in 3D to challenge you. A highly efficient workout that is scalable to every level of fitness, to bring fun to beginners and elites alike.

*Wed & Fri 10:45 am with Jalin and Jodi.*



## **HIIT 60 in 30**

Short on time? This is the workout for you! Taking the pure version of a HIIT workout, you'll teach your heart to spike and recover, training it along with your muscles for the perfect start to your weekend!

*Saturdays 8:15 am with Jason*

