

































# 2019 SEASON 1 TRIBE SCHEDULE 1/21 – 3/3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		 <b>TRIBE FIT</b> Jen		 <b>TRIBE FIT</b> Jen			
6:00 am							
6:15 am		 <b>TRIBE CORE</b> Jen		 <b>TRIBE CORE</b> Jen			
7:30 am		 <b>TRIBE FIT</b> Andrew		 <b>TRIBE FIT</b> Andrew			
8:30 am	 <b>TRIBE FIT</b> Jen	 <b>TRIBE CORE</b> Heather	 <b>TRIBE FIT</b> Jen	 <b>TRIBE CORE</b> Andrew	 <b>TRIBE LIFE</b> Jodi		
9:00 am						 <b>TRIBE CORE</b> Jodi	
9:30am		 <b>TRIBE LIFE</b> Trish	 <b>TRIBE LIFE</b> Jodi	 <b>TRIBE LIFE</b> Trish	 <b>TRIBE CORE</b> Cezanne		
4:30 pm	 <b>TRIBE CORE</b> Cezanne		 <b>TRIBE CORE</b> Cezanne			 <b>TRIBE FIT</b>  <b>TRIBE CORE</b> 11 am Cezanne	
6:00 pm	 <b>TRIBE FIT</b>  <b>TRIBE CORE</b> Cezanne	 <b>TRIBE FIT</b>  <b>TRIBE LIFE</b> Andrew	 <b>TRIBE FIT</b>  <b>TRIBE CORE</b> Cezanne	 <b>TRIBE FIT</b>  <b>TRIBE LIFE</b> Andrew			
7:00 pm	 <b>TRIBE LIFE</b> Jodi	 <b>TRIBE LIFE</b> Andrew	 <b>TRIBE CORE</b> Jodi	 <b>TRIBE LIFE</b> Andrew			

REGISTER ONLINE AT [WWW.THEPASEOCLUB.COM](http://WWW.THEPASEOCLUB.COM) PRICE IS \$200 FOR 2 DAY PROGRAMS AND \$100 FOR SINGLE DAY PROGRAMS

SEASON 1 STARTS JANUARY 21<sup>ST</sup> 2019



**THE PASEO CLUB**  
VALENCIA

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**TribeFIT™** can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regime. TribeFIT™ will increase your strength and endurance, burn fat and calories and produce functional, full body fitness results leaving you looking and feeling amazingly fit!

**TribeCORE™** is a training program intelligently designed to bring toning, strength, stability and power to your core.

TribeCORE™ trains the muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. TribeCORE™ incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement.

**TribeLIFE™** is a low impact functional exercise workout designed to ensure you achieve all your exercise needs to be fit for life.

TribeLIFE™ will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardio vascular fitness and increase functional strength.

## Choose your Program, Coach and Timeslot:

**TribeFIT™: Mon/Wed @8:30 AM with Jen; Tue/Thur @ 5:15 am with Jen; Tue/Thur @ 7:30 am with Andrew**

**TribeFIT™/TribeCORE™ Mon/Wed @6:00 pm with Cezanne; Saturday @ 11:00 am with Cezanne**

**(This class is ½ Tribe Fit and ½ Tribe Core)**

**TribeFIT™/ TribeLIFE™ Tue/Thur @ 6:00pm with Andrew (This class is ½ Tribe Fit and ½ Tribe Life)**

**TribeCORE™ Mon/Wed @4:30pm with Cezanne; Tue/Thur @ 6:15 am with Jen; Tue @8:30 am with Heather; Thur @8:30 am**

**with Andrew; Fridays 9:30 am with Cezanne; Saturday 9:00 am Jodi**

**TribeLIFE™ Tue/Thur 9:30 am Trish; Tue/Thur 7:00 pm Andrew; Wed. 9:30 am/ Friday 8:30 am with Jodi**

**TribeLIFE™/ TribeCORE™ Mon/Wed 7:00 pm Jodi (This is program does Tribelife Mondays & TribeCore Wednesdays)**



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