





























2019 SEASON 2 TRIBE SCHEDULE March 11th – April 21st

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

REGISTER ONLINE AT WWW.THEPASEOCLUB.COM EACH PROGRAM RUNS FOR 6 WEEKS. PRICE IS \$200 FOR TWICE A WEEK PROGRAMS AND \$100 FOR ONCE A WEEK PROGRAMS. Sign up early and save 10%



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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; Tue/Thur @ 6:00pm 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)**

TribeCORE™ Tue/Thur @ 6:15 am with Jen; Tue @8:30 am with Heather;

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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