



























# Season 3 **TRIBE** SCHEDULE April 30<sup>th</sup> – June 9<sup>th</sup>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		 Jen		 Jen			
6:00 am							
6:15 am	 Joelle	 Jen		 Jen			
7:30 am		 Andrew		 Andrew			
8:30 am	 Jen	 Heather	 Jen		 Jodi		
9:00 am						 Jodi	
9:30am		 Trish	 Jodi	 Trish	 Cezanne	 10 am Joelle	
5:00 pm		 Andrew		 Andrew		 11 am Cezanne	
6:00 pm	 Cezanne		 Cezanne				
7:00 pm	 Jodi	 Andrew	 Jodi	 Andrew			



**THE PASEO CLUB**  
VALENCIA

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

SEASON 3 STARTS April 30<sup>th</sup> Sign up before April 30<sup>th</sup> and save 10%

**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.

TribeFit – M/W 8:30 am with Jen; Tue/Thu 5:15 am with Jen; Tue/Thu 5:00 pm with Andrew

TribeFit/TribeCore – M/W 6:00pm with Cezanne; Saturday 11:00 am with Cezanne (1/2 Fit & 1/2 Core)

TribeCore – Tue 8:30 am with Heather; Wed 6:00 pm with Jodi; Friday 9:30 am with Cezanne; Saturday 9:00 am With Jodi

TribeLife – Monday 6:15 am with Joelle; Monday 6:00 pm with Jodi; Tue/Thur 7:00 pm with Andrew; Wed 9:30 am/Friday 8:30 am with Jodi; Saturday 10:00 am with Joelle



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