



SEASON 4 **TRIBE** SCHEDULE June 17th – July 28th

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

REGISTER ONLINE AT WWW.THEPASEOCLUB.COM PRICE IS \$200 FOR 2 DAY PROGRAMS AND \$100 FOR SINGLE DAY PROGRAMS



SEASON 4 **TRIBE** SCHEDULE June 17th – July 28th

SEASON 4 is 6 weeks long: June 17th – July 28th. We will pro-rate for vacations

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.

SINGLE DAY PROGRAMS: \$100

TribeLife – Mondays 6:00 am, Mondays 7:00 pm; Saturdays 10:00 am

TribeCore - Wednesdays 7:00 pm & Saturdays 9:00 am

TribeFit – Mondays 8:30 am Drop ins on Wednesdays at 8:30 am

TribeFit/Core – Saturdays 11:00 am

TWO DAY PROGRAMS: \$200

TribeLife – Tue /Fri. 8:30 am; Tue/Th 7:00 pm

TribeCore – Tue/Th 6:15; Tue/Th 5:00 pm;

TribeFit – Tue/Th 5:15 am

TribeFit/Core- Mon/Wed 6:00 pm



SEASON 4 **TRIBE** SCHEDULE June 17th – July 28th