




























FREE TRIBE TRIAL SCHEDULE June 10th – June 16th

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			



THE PASEO CLUB
VALENCIA

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

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.



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