

# FITNESS ON DEMAND VIRTUAL FITNESS SCHEDULE MAY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Live Instructor led classes FOD not available	5:00 – 6:00 am FOD Of your choice	Live Instructor led classes FOD not available	4:45 am – 5:30 am FOD Of your choice	4:45 am – 6:45 am FOD Of your choice	FOD of your choice 7:15 am – 7:45 am	
6:00 am	Cardio followed by strength 6:00 – 6:57 am	Beginner Shred Workout 6:00 am – 6:25 am	Live Instructor led classes FOD not available	Live Instructor led classes FOD not available	Live Instructor led classes FOD not available 7:00 am – 11:45am		
7:00 am	Beginner Shred 7:00 am – 7:26 am			Power Step 19 7:00am – 7:53am			
7:15 am	FOD of your Choice available from 7:30 am – 8:15 am		FOD of your Choice available from 7:45 am – 8:15 am				Beginner Shred 7:15 am- 7:38
12:00 pm			4x4 Fat Loss 12:00 pm – 12:29		Afterburn 12:00pm – 12:56	60 min flow 12:00pm – 1:00pm	Beginner Shred 12:30 pm – 12:56
1:15 pm -	FOD of your Choice available from 1:15 pm – 4:45 pm		FOD of your Choice available from 12:30 pm – 4:00 pm	FOD of your Choice available from 12:00 pm – 3:45 pm	FOD of your Choice available from 1:00 pm – 5:15 pm	FOD of your Choice available from 1:00pm – 7:00pm	FOD of your Choice available from 1:00pm – 7:00pm
8:00 pm	Yogafit for Beginners 8:00 pm -8:46 pm	Fod of your choice 8 – 10 pm	Yogafit for Beginners 8:00 pm -8:46 pm	Fod of your choice 8 – 10 pm			



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**Afterburn-** Cathe Friedrich AfterBurn. The name alone says it all—so get ready to turn up the heat and send your metabolism into overdrive! You'll use your own body weight plus dumbbells for metabolic intervals alternating with low-impact, high-intensity cardio for the ultimate fat burning workout

**Beginner Shred – Jillian Michaels** Whether you're looking to start exercising for the first time ever or get back into it, Jillian Michaels Beginner Shred has you covered! Jillian Michaels Beginner Shred is a comprehensive 30-day exercise plan to help you kickstart your weight loss journey, dramatically transforming not just your physique but also your level of fitness and self-confidence.

**Cardio Followed by Strength** - Get your heart pumping with cardio followed by strength training. Work your shoulders, triceps, back, chest, calves, quads, glutes, hamstrings and abs with this amazing total body **Power Step 19** -. POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for teaching.

**Yogafit Beginners** - The perfect intro for practicing Yoga in a style suited for everybody - YogaFit. Learn the ever important Seven Principles of Alignment (SPA) to keep your practice SAFE and effective for your body; along with the YogaFit Essence of Breathing, Feeling, Listening to your Body, Letting go of Competition, Expectations, Judgments and Staying Present.

**4x4 Fat Loss** - The 4x4 Fat Loss workout consists of 4 exercises for 4 rounds. Short, simple and sweaty. It's just 20 minutes and all you only need is your bodyweight to rev-up your metabolism for faster fat loss. Different moves from the Brazilian martial art of capoeira have been added to 'Brazilify' the exercises and take the calorie burn up a notch. This is where strength meets endurance for 4 rounds...non-stop!

**60 Minute Flow** - This 60-minute yoga flow is perfect for working your total body and focusing the mind. Roll your mat out and let's get to work!



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