

2020 SEASON 5 TRIBE SCHEDULE 8/3 – 9/13

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am							
6:00 am				 Jen			
7:00 am		 Jen					
8:30 am	 Jodi		 Jodi		 Jodi		
9:00 am							
9:30am							
11:00 am							
6:00 pm	 Cezanne		 Cezanne				
7:00 pm	 Jodi	 Cezanne	 Jodi	 Jackie			

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

Sign up before 8/3 and save 10% SEASON 5 STARTS AUGUST 3RD



THE PASEO CLUB
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™ - Tue 6:00 am /Thur 7:00 am with Jen Meets in the Golf Area

TribeFIT™/ TribeCORE™ - Mon/Wed @ 6:00 pm with Cezanne Meets Poolside

(This class is ½ Tribe fit and ½ Tribe core)

TribeCORE™ -Wednesday 8:30 am Meets in front of fitness building & Wednesday 7 pm with Jodi Meets Poolside

TribeLIFE™ - Mon. 7:00 pm with Jodi Meets Poolside; Tue/Fri 8:30 am Jodi meets near fitness building; Tue 7:00pm with Cezanne meets poolside & Thur 7:00 pm with Jackie meets in the golf area



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