


# 2020 SEASON 6 TRIBE FREE TRIAL Sept. 14 – Sept. 20<sup>th</sup>

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

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

Sign up before 9/21 and save 10% SEASON 1 STARTS September 21st



**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

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

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

TribeCORE™ -Wednesday 8:00 am & Wednesday 7 pm with Jodi

TribeLIFE™ - Mon. 7:00 pm with Jodi; Tue 8:00am /Fri 8:30 am Jodi; Tue with Cezanne/Thur. with Jackie 7:00 pm



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