











# APRIL 2021 Season 3 Tribe Trial Schedule 4/19 - 4/25

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

REGISTER ONLINE AT [WWW.THEPASEOCLUB.COM](http://WWW.THEPASEOCLUB.COM) or contact [CEZANNE@THEPASEOCLUB.COM](mailto:CEZANNE@THEPASEOCLUB.COM) FOR MORE INFORMATION

**TRIBE TEAM TRAINING - PRICE IS \$200 FOR 2 DAY PROGRAMS AND \$100 FOR SINGLE DAY PROGRAMS Free Trial Week is April – 19<sup>th</sup> Sign up before 4/26 and save 10% 6 week programs begins April 26<sup>th</sup>**

**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! **Sessions meet Tue/Thu at 5:30am with Jen, ( Meets in the Training Room)**

**Tribefit/Core meets Mon/Wed 6:00pm with Cezanne (this is a hybrid of half fit and half core, Meets in the golf area)**

**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. **Sessions Meet Wednesdays at 8:30 am (Meets near stadium court) or 7:00pm with Jodi (Meets Poolside)**

**TribeLIFE™** is a low impact functional exercise workout designed to ensure you achieve all your exercise needs to



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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.

**Meets Mon 8:00 am (Meets near stadium court) or 7:00pm with Jodi (Meets Poolside) Tue/Thu 7pm with Andrew (Meets in the golf area) & Fridays at 8:30am with Jodi (Meets near stadium court)**



**THE PASEO CLUB**  
VALENCIA