

RENEWAL SEASON SMALL GROUP TRAINING CALENDAR

FEBRUARY 23 – APRIL 12

MON	TUES	WED	THURS	FRI	SAT	SUN
6 – 7 am Paseo Aquatics Rental	5:30 – 6:30 am Greatest Results Justin		5:30 – 6:30 am Greatest Results Justin			
6 – 6:45 am int/adv Reformer Pilates Ashley	6 – 6:45 am All Levels Reformer Ashley	6 – 7 am Paseo Aquatics Rental				
7 – 7:45 am ALL Levels Reformer Pilates Sarah	7 – 7:45 am Blood Flow Restriction Training Justin	7 – 7:45 am Blood Flow Restriction Training Pilates Cezanne	7 – 7:45 am ALL Levels Reformer Pilates Trish		8:30 – 9:30 am All Levels Pilates Reformer Allsion	
8 – 9 am TRIBE FUNCTIONAL FITNESS Jodi	7 – 7:45 am ALL Levels Pilates Reformer Melanie	8 – 9 am TRIBE CORE STRENGTH Jodi		8:30 – 9:30 am TRX & Core Jodi	9:45 – 10:45 am All Levels Pilates Reformer Cezanne	8:45 – 9:30 am Pilates Stretch Alex
8:30 – 9:30 am All Levels Pilates Reformer Allison	8:30 – 9:30 am All Levels Reformer Cezanne	8:30 – 9:30 am All Levels Pilates Reformer Melanie	8:30 – 9:30am All Levels Pilates Reformer Melanie	8:30 – 9:30am Int. Adv. Pilates Reformer Alex	10– 11 am Men’s Strength Training Jason	9:45 – 10:45 am Int/adv Pilates Reformer Alex
9:45–10:30 am All Levels Pilates Reformer Melanie	9:30 – 10:15 am All Levels Pilates Reformer Allison	9:45 – 10:30 am All Levels Pilates Reformer Jalin	9:45 – 10:30 am All Levels Pilates Reformer Melanie	9:45 – 10:30 am All Levels Pilates Reformer Alex	11 – 12 pm Women’s Strength Training Cezanne & Jason	
	10:30 – 11:15 am All Levels Pilates Reformer Jalin				11:15 – 12:15 pm Int/adv Reformer Gwen	11 – 11:45 am All Levels Reformer Alex

**Small Group and Pilates Packages Pricing \$30 per session or purchase a package: 5 for \$110, exp. 90days
10 for \$190 exp. 120 days or 20 for \$360 exp. 180 days**

RENEWAL SEASON SMALL GROUP TRAINING CALENDAR

MON	TUES	WED	THURS	FRI	SAT	SUN
12 - 12:45 pm All Levels Pilates Reformer Gwen		3:45 - 5 pm Legacy Rental	12 - 12:45 pm All Levels Pilates Reformer Alex	3:45 - 5 pm Legacy Rental		12 - 12:45 pm INTRO Pilates Reformer Ashley
3:45 - 5 pm Legacy Rental	5:00 - 5:45 pm All Levels Pilates Reformer Jodi		5:00 - 5:45 pm All Levels Pilates Reformer Gwen			
4:00 - 5:45 pm All Levels Pilates Reformer Jalin		4:00 - 5:45 pm All Levels Pilates Reformer Lexie		4:00 - 5:45 pm All Levels Pilates Reformer Nicole		
5 - 5:45 pm All Levels Pilates Reformer Lexie		5 - 5:45 pm All Levels Pilates Reformer Cezanne		5- 5:45 pm All Levels Pilates Reformer Nicole		
6 - 7 pm Greatest Results Gwen	6 - 7 pm Int/advPilates Reformer Alex	6 - 7 pm Women's Strength Training Cezanne				
6 - 7 pm INTRO Pilates Reformer Ashley		7 - 8 pm Greatest Results Gwen				
		7:30 - 8:30 pm Men's Strength Training Jason				

Prices \$30 per session or purchase a package: 5 for \$105, exp. 90days 10for \$190 exp. 120days or 20 for \$360 exp. 180 days

Blood Flow Restriction

Blood flow restriction training helps you to build muscle faster, using less weight. It can be helpful if you want to burn fat or rehab from an injury or surgery. Applying bands while weight training is based on a scientific discovery that produces results that will change the way you exercise forever. Cut your workout time in half!

There is also a Blood Flow Pilates Reformer class on Wednesdays at 7:00 am with Fitness Director, Cezanne Youmazzo

When: Tuesdays at 7:00am

Instructor: Fitness Director Cezanne Youmazzo and Coach Justin DeAnda

Cost: \$18-\$30 per session depending on package

Greatest Results Transformation Challenge -

HIIT classes with cardio and weight training , Recipes, meal planning, nutrition education, This is a hybrid of our popular Greatest Results program. All exercises are adaptable if you have an injury or ailments. See your progress with before and after measurements and performance testing.

When: Tuesdays , Thursdays and Fridays at 5:30 am; Mondays at 6:00pm and Wednesdays at 7:00pm

Instructor: Fitness Coaches Justin Deanda and Gwen Dignadice

Cost: \$300 for 6 weeks

Pilates Reformer

This class creates long, lean muscles and improves posture by mobilizing your spine through several ranges of motion, including flexion, extension, lateral flexion, and rotation on the Pilates reformer machine. The instructor of this class will provide endless exercise possibilities, so be prepared to have fun while getting challenged. You can expect improved flexibility, muscle tone, and core strength. This class is appropriate for people of all levels.

There is a maximum of eight people per class.

When: There are several Pilates classes available each week

Instructor: Varies

Cost: \$18-30 per session, depending on the price package

Pilates & Pinot

This fun, social all levels reformer class is offered once a month usually on the second Friday of the month you will experience an hour class followed by wine and appetizers on the patio. This class creates long, lean muscles and improves posture by mobilizing your spine through several ranges of motion, including flexion, extension, lateral flexion, and rotation on the Pilates reformer machine. The instructor of this class will provide endless exercise possibilities, so be prepared to have fun while getting challenged. You can expect improved flexibility, muscle tone, and core strength. This class is appropriate for people of all levels.

There is a maximum of eight people per class.

When: March 7th

Instructor: Pilates Coach Ashley

Cost: \$50

Tribe Core Strength

Tribe Core Strength is a small group training program designed to bring tone, strength, stability, and power to your core. Train your muscles around your pelvis, hips, back, and abdomen, starting from the deep torso muscles to leave you with a slim waistline and strong abs. The small class size allows you to get more one-on-one guidance to help you have even better results! Tribe Core Strength incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement. The class is held once a week.

When: Wednesdays at 8:00 am

Instructor: Coach Jodi Broz

Cost: \$17-\$30 per session depending on package

Tribe Functional Fitness

Tribe Functionally Fit is a perfect choice for tennis and pickleball players to keep you safe on the courts while doing what you love to do. These sessions are low-impact and use functional exercises designed to ensure you achieve all your exercise needs to be fit for life. Tribe Functional Fitness will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, and achieve cardiovascular fitness. The small class size allows you to get more one-on-one guidance to help you have even better results!

When: Mondays at 8:00 am

Instructor: Coach Jodi Broz

Cost: \$17-\$30 per session depending on package

TRX & Core

TRX & Core uses the suspension trainer's loop and pulley system to force you to use your core to remain stable as you move, working major and stabilizer muscles. The challenging low-impact workouts use your own body weight as resistance and are designed to tone your midsection, improve your posture, and give you better balance.

There is a maximum of ten people per class.

When: Fridays at 8:30 am

Instructor: Coach Jodi Broz

Cost: \$17-30 per session, depending on the price package

Men's Strength Training

This is a progressive strength and conditioning plan for women aged 50 going through menopause requires attention to various physiological changes and needs. The goals of the program are to build and maintain muscle mass, counteract muscle loss due to aging and hormonal changes, enhance bone density, prevent osteoporosis, improve cardiovascular health, manage weight and enhance heart health; boost flexibility and balance, prevent falls and maintain mobility.

There is a maximum of 8 people in each session

Wednesdays at 7:30pm and Saturdays at 10:00am

Instructor: Fitness Coach Jason Youmazzo

Cost: \$130 per Day for 7 weeks

Women's Strength Training

This is a progressive strength and conditioning plan for women aged 50 going through menopause requires attention to various physiological changes and needs. The goals of the program are to build and maintain muscle mass, counteract muscle loss due to aging and hormonal changes, enhance bone density, prevent osteoporosis, improve cardiovascular health, manage weight and enhance heart health; boost flexibility and balance, prevent falls and maintain mobility.

There is a maximum of 10 people in each session

Wednesdays at 6:00pm and Saturdays at 11:00am

Instructor: Jason & Cezanne Youmazzo

Cost: \$130 per Day for 7 weeks