

SUMMER SEASON SMALL GROUP TRAINING CALENDAR JUNE/JULY

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30am-6:30am TRIBE EXTREME HIIT JEN		5:30am -6:30am TRIBE EXTREME HIIT Jen			
	5:30am - 6:30am Summer Slim down Justin	6:00am -6:45am ALL Levels Pilates Reformer Sarah	5:30am - 6:30am Summer Slim Down Justin	7:00am -7:45am Blood Flow Restriction Training Cezanne		7:00am -7:45am Trainer Workout Jen
7:00am -7:45am ALL Levels Reformer Pilates Sarah	7:00am -7:45am Blood Flow Restriction Training Justin	7:00am -7:45am Blood Flow Restriction Training Pilates Cezanne	7:00am -7:45am ALL Levels Reformer Pilates Trish	7:00am -7:45am Int/Adv Pilates Reformer Lynette		
8:00am-9:00am TRIBE FUNCTIONAL FITNESS Jodi	7:00am -7:45am ALL Levels Pilates Reformer Sarah	8:00am-9:00am TRIBE CORE STRENGTH Jodi	8:00am -9:00am Blood Flow Restriction Training Justin	8:30am-9:30am TRX & Core Jodi	8:30am-9:30am All Levels Pilates Reformer Allsion	8:45am-9:30am Pilates Stretch Alex
8:30am-9:30am All Levels Pilates Reformer Allison	8:30am-9:30am Pilates with Props Cezanne	8:30am-9:30am All Levels Pilates Reformer Melanie	8:30am-9:30am All Levels Pilates Reformer Melanie	8:30am-9:30am All Levels Pilates Reformer Alex	9:45am-10:45am All Levels Pilates Reformer Cezanne	
9:30am-10:30am All Levels Pilates Reformer Melanie	9:45am-10:30am All Levels Pilates Reformer Allison	9:45am-10:30am All Levels Pilates Reformer Jalin	9:45am-10:30am All Levels Pilates Reformer Melanie	9:45am-10:30am All Levels Pilates Reformer Alex	11:00am -12:00pm Blood Flow Restriction Training Cezanne	9:45am - 10:45am Int/adv Pilates Reformer Alex
10:00 -11:00am Tighten & Tone: Glutes & Core Taylor		11:00am-12:00pm Pilates Stretch Sarah	10:00 -11:00am Tighten & Tone: Glutes & Core Taylor		11:15am - 12:15pm Int/adv Reformer Gwen	11:00am -11:45am FREE Intro to Pilates Alex



THE PASEO CLUB
VALENCIA

Summer is all drop in except for Greatest Results which is \$50 per week.

Pilates, TRIBE, TRX, Footwork & Mobility, Blood Flow, Tighten & Tone, & Beginning Weight Lifting (Drop in) \$25 per session or purchase a package: 5 for \$100, exp. 90days 10for \$180 exp. 120days or 20 for \$300 exp. 180 days

SUMMER SEASON SMALL GROUP TRAINING CALENDAR JUNE/JULY

MON	TUES	WED	THURS	FRI	SAT	SUN
4:00pm-5:45pm All Levels Pilates Reformer Jalin	5:00pm-5:45pm All Levels Pilates Reformer Jodi	4:00pm-5:45pm All Levels Pilates Reformer Robin	5:00pm-5:45pm All Levels Pilates Reformer Gwen	4:00pm-5:45pm All Levels Pilates Reformer Nichole		
	4:30pm-5:30pm SUMMER SHRED Cayden		4:30pm-5:30pm SUMMER SHRED Cayden			
5:00pm-5:45pm All Levels Pilates Reformer Cezanne	5:30pm-6:30pm Advanced Weight Lifting Cayden	5:00pm-5:45pm All Levels Pilates Reformer Cezanne		5:00pm-5:45pm All Levels Pilates Reformer Nicole		
5:00pm-5:45pm TRIBE FUNCTIONALLY FIT Jodi	6:30pm-7:30pm Beginning Weight Lifting Cayden	5:00pm-5:45pm TRIBE FUNCTIONALLY FIT Jodi	5:30pm-6:30pm Advanced Weight Lifting Cayden			
6:00pm-7:00pm TRIBE HIIT/CORE Cezanne	6:00pm-7:00pm Int/advPilates Reformer Alex	6:00pm-7:00pm TRIBE HIIT/CORE Cezanne	6:30pm-7:30pm Beginning Weight Lifting Cayden			
	7:30pm-8:30pm Footwork & Moblity Daniel					



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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 on

When: Wednesdays at 8:00 am

Instructor: Coach Jodi Broz

Cost: \$15-\$25 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 and 5pm, Wednesdays at 5pm

Instructor: Coach Jodi Broz

Cost: \$15-\$25 per session depending on package

Tribe HIIT Extreme

Tribe HIIT EXTREME is a high-intensity interval conditioning program designed for any committed individual regardless of experience, making it the ideal program.

Tribe HIIT EXTREME will increase your strength and endurance, burn fat and calories, and produce functional, full-body results, leaving you looking and feeling amazing. The small class size allows you to get more one-on-one guidance to help you have even better results!

When: Tuesdays and Thursdays at 5:30 am

Instructor: General Manager Jen Azevedo

CCost: \$15-\$25 per session depending on package

Greatest Results Drop In - Summer Slim Down

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 and Thursdays at 5:30 am

Instructor: Fitness Coach Justin Deanda

Cost: \$15-\$25 per session depending on package

Advanced Weight Lifting

This progressive program will involve learning Olympic lifts, certain plyometric exercises, along with some core work and stretching. Each workout builds on the last.

When: Tuesdays and Thursdays @ 5:30 PM

Instructor: Fitness Coach Cayden Dunn

Cost: \$15-\$25 per session depending on package

Beginning Weight Lifting

Learn the basics of weight lifting learning Olympic Lifts along with mobility and stretching.

When: Tuesdays and Thursdays @6:30pm

Instructor: Fitness Coach Cayden Dunn

Cost: \$15-\$25 per session depending on package

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.

When: Tuesdays, Thursdays, and Fridays at 7:00 am and Saturdays at 11:00 am

Instructor: Fitness Director Cezanne Youmazzo and Coach Justin DeAnda

Cost: \$15-\$25 per session depending on package

Footwork and Mobility for Tennis and Pickleball Players

If you want to play racquet and paddle sports longer, lift heavier, and jump higher you need to incorporate more hip strength and mobility. This class focuses on footwork, range, strength, flexibility in multiple planes to strengthen your hips, improve stride alignment, and reduce low back and knee pain. There is a maximum of eight people.

When: Tuesdays at 7:30pm

Instructor: Coach Daniel

Cost: \$15-25 per session, depending on the price package

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: \$15-25 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: Friday June 14th, July 12th and August 9th

Instructor: Fitness Coach Allison Nelson

Cost: \$40

SUMMER SHRED -

This class will be for 16-25 year olds. It is designed to get that summer bod physique. This class will involve core, strengthening exercises, and cardio. General nutritional advice will be given as well, to help further your physique. If you want to feel the best at the beach this summer, this is the class to do!

When: Tuesdays & Thursdays at 4:30pm

Instructor: Strength and Conditioning Coach, Cayden Dunn

Cost: \$15-\$25 per session depending on price of the package.

Trainer Workout

This challenging Sunday Workout of the Day (WOD) is perfect for the weekend warrior or anyone wanting a challenging but fun workout led by an expert coach. General Director Jen Azevedo will help you to work harder than you would by yourself.

There is a maximum of ten people per class.

When: Sundays at 7 am

Instructor: General Director Jen Azevedo

Cost: \$15-25 per session, depending on the price package.

Tighten & Tone: Glutes & Core - abs and assets

Get ready to sculpt, tone and build your body, ignite your core and shed stubborn belly fat as we go through dynamic exercises weekly to get ready for summer! Focusing on strength training and lower intensity movements be prepared for new challenges. Abs on fire!!! We plan on torching belly fat and carving your core, say goodbye to your love handles and say hello to abs. From killer planks to oblique twists we will target a strong deep core and toned mid section. Whether you're looking to build a rounder, firmer booty or simply want to tone your legs this class is a ticket to cake greatness. Get ready to feel the burn and strut out feeling stronger, tighter and more confident than ever. Lets sculpt those curved and unleash the booty gains!!!

When: Mondays and Thursdays at 10:00am

Instructor: Coach Taylor

Cost: \$15-\$25 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: \$15-25 per session, depending on the price package