
























END OF SEASON DROP IN **TRIBE CHALLENGE 12/26 – 1/13**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		 Jen 1/8		 Jen			
6:00 am							
6:15 am		 Jen 1/8		 Jen			
7:30 am		 Andrew 1/8		 Andrew			
8:30 am	 Jen 1/7		 Jen		 CEZANNE		
9:00 am						 Jodi	
9:30am			 Jodi		 Jodi		
4:30 pm	 Cezanne 1/7		 Cezanne			 11 am Cezanne	
6:00 pm	 Cezanne 1/7	 Andrew 1/8	 Cezanne	 Andrew			
7:00 pm	 Jodi 1/7	 Andrew 1/8	 Jodi	 Andrew			

12/26 – 1/13 REGISTER ONLINE AT WWW.THEPASEOCLUB.COM PRICE IS \$20 FOR THESE SINGLE SESSIONS

SEASON 1 STARTS JANUARY 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.

Keep your fitness through the holidays and come test your strength and endurance in these fun end of the year challenge classes. \$20 per class



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