































SEASON 7 Schedule Nov 12th – Dec 23rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am		 Jen		 Jen			
6:00 am	 Jen		 Jen				
6:15 am		 Jen		 Jen			
7:30 am		 Andrew		 Andrew			
8:30 am	 Jen	 Heather	 Jen		  8:30 – 10 Jodi		
9:00 am						 Jodi	
9:30am		 Trish	 Jodi	 Trish	 Jodi		
11:00am						  11 am Cezanne	
6:00 pm	  Cezanne	 Andrew	  Cezanne	 Andrew			
7:00 pm	 Jodi	 Andrew	 Jodi	 Andrew			

REGISTER ONLINE AT WWW.THEPASEOCLUB.COM PRICE IS \$180 FOR 2 DAY PROGRAMS AND \$90 FOR SINGLE DAY PROGRAMS

SEASON 7 STARTS NOVEMBER 12TH



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™: Mon/Wed Jen @8:30 AM; Tue/Thur with Jen 5:15 am; Tue/Thur 7:30 am Andrew;
Tue/Thur 6:00 pm Andrew

TribeFIT™/ TribeCORE™ Mon/Wed @ 6:00 pm with Cezanne, Sat @ 11 am

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

TribeCORE™ Mon/Wed 5:00 pm Cezanne; Tue/Thur 6:15 am Jen; Tue/Fri 8:30 am Heather; Saturday 9:00 am Jodi

TribeLIFE™ Mon/Wed 6:00 am Jen; Wed 9:30 am Fri Tribecore/life 8:30 -10 am Jodi; Tue/Thur 9:30 am Trish;
Tue/Thur 7:00 pm Andrew TribeLIFE™/ TribeCORE™ Mon/Wed 7:00 pm Jodi



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