|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:30 am |  | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-FIT.eps)  Jen |  | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-FIT.eps)  Jen |  |  | 7:00am  [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-FIT.eps)  Jen |
| 8:00 am | [LIFE-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-PUNCH.eps)  Jodi |  | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-CORE.eps)  Jodi |  | 8:30 am  [LIFE-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-PUNCH.eps)  Jodi | 8:15 am  Hiit 60 in 30 min  Jason |  |
| 9:00 am | 9:00 am  **Platinum Functional Strength**  **Trish** | 9:30 am Greatest  Results  Trish | 9:00 am  **Platinum Functional Strength**  April | 9:30 am  Greatest Results  Trish |  |  |  |
| 4:45pm | VICTORY  MARTIAL ARTS  GAVIN/STAFF | 10:30 AM  **Paseo Teen Fitness & Wellness for Girls**  Trish | VICTORY MARTIAL ARTS  GAVIN/STAFF | 10:30 AM  **Paseo Teen Fitness & Wellness for Girls**  Trish |  |  |  |
| 5:00 pm |  | **Paseo Teen Fit Boys**  **Andrew** |  | **Paseo Teen Fit Boys**  **Andrew** |  |  |  |
| 6:00 pm | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-FIT.eps)[FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-CORE.eps)  Cezanne | 6:30 pm  Platinum Functional Strength  Jason | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-FIT.eps)[FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-CORE.eps)  Cezanne |  |  |  |  |
| 7:00 pm | [LIFE-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-PUNCH.eps)  Jodi | [LIFE-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-PUNCH.eps)  Andrew | [FIT-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-CORE.eps)  Jodi | [LIFE-timetable-logo](http://www.tribeteamtraining.com/wp-content/uploads/downloads/logos/timetable-PUNCH.eps)  Andrew |  |  |  |
| 7:00 pm | Greatest Results  Cezanne, Trish & Jason |  | Greatest Results  Cezanne, Trish & Jason |  |  |  |  |

**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 July – 19th Sign up before 7/26 and save 10% 6 week programs begins July 26th**

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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! |
| **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 in the Training Room) or 7:00pm with Jodi (Meets in the Pilates Room)** |  |
| **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. |  |  |  |
| **Meets Mon 8:00 am (Meets in the training room) or 7:00pm with Jodi (Meets in the Pilates Room) Tue/Thu 7pm with Andrew (Meets in the Training Room) & Fridays at 8:30am with Jodi (Meets in the training room)** |  |  |  |  |
| **PLATINUM FUNCTIONAL STRENGTH –** These classes are part of the Platinum schedule. $10 charge for non-platinum members. This type of training will prepare your body for real life movements and activities. Movements such as reaching, pulling, rotating, and lifting will be made easier with Functional Fitness. This new class is specifically meant to be a great companion for athletic strength building. Perfect for you if you play tennis, pickleball and even for you to gain strength in your hips and core for running. **Meets in The Training Room** |  |  |  |  |
| **HIIT 60 IN 30 MIN –This is the most efficient method of getting in shape.** High intensity interval training where exercises will be performed every minute on the minute. It won’t be easy but it will be fun and you will see gains in your aerobic fitness. **Saturday 8:15am Drop in Session $10 (Meets in the golf area)** |  |  |  |  |
| **Greatest Results Transformation Program** - ✦INCLUDED: Private Group Training, HIIT Classes, Cardio, Weights, Saturday 11am Pickleball lessons. ✦ Personalized coaching to meet your individual needs. Adaptive exercises for injuries and ailments. Food journal accountability.✦ Before and After Measurements and Performance Testing. Celebration and Prizes at the end of the challenge!✦ Virtual Nutrition Cooking Class! **Sessions Meet Mon/Wed at 7pm and Tue/Thu at 9:30am** Cost is $250 for 6 Weeks July 12th – August 19th . (Meets in the Training Room)  **VICTORY MARTIAL ARTS** - Boys and girls 5-12 increase confidence, respect and friendships while getting physically fit and developing a positive self-image. Our highly trained, certified instructors create high-energy and engaging classes by celebrating achievement, expecting hard work, and encouraging growth! At Victory, our purpose is to make kids addicted to discipline. In fact, we make discipline FUN! This is an ongoing program your account will be charged monthly $103, a 30 day cancellation is required. Sessions meet Tuesdays in the group ex room and Thursdays in the Training Room from 4:45pm – 5:30 pm Contact [gavinespinosa@gmail.com](mailto:gavinespinosa@gmail.com) for more information  **Paseo Teen Fitness and Wellness for Girls –** 6 week program designed specifically for teen girls 12-15. Fitness, friendship and wellness. Includes personal small group fitness sessions, Pickleball, pilates, journaling, meditation friendship and support. **Sessions Meet Mon/Wed at 10:30 Cost is $180 for 6 weeks. Next Session begins July 19th**  **PASEOFIT for TEEN BOYS**– 6 week program designed specifically for 12-15 year olds. Fitness, Weight Lifting Techniques, Boxing and support. **Sessions Meet Tue/Thu at 5pm cost is $180 for 6 weeks. Next Session Begins July 12th** |  |  |  |  |