

TRIBE TEAM TRAINING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 A						
6:00 A						
6:30 A						
7:00 A						
7:30 A						
8:30 A						
9:00 A						
9:30 A						
10:00 A						
10:30 A						
11:00 A						
12:00 P						
12:30 P						
4:30 P						
5:00 P						
5:30 P						
6:00 P						

FREE TRIALS - JAN. 14 - 17 | MAR. 4 - 7 | APR. 22 - 25



TribeFIT is a high intensity interval training (HIIT) program designed to help, move and perform like an athlete. This program uses a combination of strength, power, and conditioning exercises along with the mobility training to enhance athletic performance and achieve a lean, strong body.

BENEFITS:

1. Rapid improvement in cardiovascular fitness
2. Increased speed, strength, and stamina
3. Increased weight loss by maximizing calorie burn in each session
4. Increased metabolism by burning calories for hours after the session
5. Increased performance results

THE FACTS:

1. Two 55 minute sessions each week for 6 weeks
2. Up to 10 people per team
3. Equipment provided
4. Coaches are trained and will coach form, range of motion and speed
5. Members and Non Members welcome



TRIBE
TEAM TRAINING

2019

**Achieve
MORE than
you ever
thought
POSSIBLE.**



TribeLIFE is a low impact program that combines full body aerobic movements, 3D functional exercises as well as core and mobility exercises. TribeLIFE will give you renewed energy to take on more of what life has to offer.

BENEFITS:

1. Improved cardiovascular fitness
2. Increased strength and stamina
3. Improved weight loss with an increase in metabolism
4. Increased levels of mobility
5. Increased results by achieving new fitness goals

THE FACTS:

1. Two 55 minute sessions each week for 6 weeks
2. Up to 10 people per team
3. Equipment provided
4. Coaches are trained and will coach form, range of motion and speed
5. Members and Non Members welcome

FISHER'S LANDING