


TRIBE

WHERE RESULTS ARE INEVITABLE!

SEASON FIVE 2022




TRIBE
Life

ACTIVE, FIT, ENERGISED.

TribeLIFE™ is our low impact functional exercise workout that gets you fit for life. TribeLIFE™ will make you functionally fit for whatever challenge life throws at you. It is LIFE (Low Impact, Functional Exercise), where movement matters. It is whole-body integrated and explores our movement capability to build vitality and vigor. It combines low-impact aerobic movements with functional strength exercises as well as core and flexibility exercises that will give you renewed energy to take on more of what life has to offer.

TRIBE Team Training®

SEASON FIVE 2022




TRIBE
Fit

FIT, FAST, STRONG.

TribeFIT™ is the high-intensity functional fitness workout designed to make you fitter, faster and stronger. TribeFIT™ is designed to make you functionally fit. By combining athletic, aerobic movements with functional strength exercises means this program will have you looking and feeling amazing.

TRIBE Team Training®

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TRIBE
CORE

TONED, STRONG, POWERFUL.

TribeCORE™ brings toning, strength, stability and power to your core. TribeCORE™ trains the muscles around your deep torso, pelvis, hips, back, shoulders, and abdomen. As a result, workouts will leave you with a slim waistline and firm strong abs. TribeCORE™ is the foundation of all training pathways. The program incorporates flexibility and stability training, this ensures structural longevity and powerful pain-free movement.

TRIBE Team Training®

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TRIBE
KIDS

HEALTHY, FIT, CONFIDENT.

TribeKIDS™ is our fun youth fitness programme that builds fit, healthy and confident kids. TribeKIDS™ involves exercises that are fundamental to all things that kids need to do as their bodies grow - pull, push, run, jump, throw, climb and lift. TribeKIDS™ workouts incorporate athletic skills for coordination and agility, strength and stamina exercises as well as teamwork games and challenges.

TRIBE Team Training®

SEASON 5: 2 TIMES A WEEK - 8 WEEK PROGRAM

FREE TRIAL CLASS: SCAN QR CODE, FILL OUT FORM & WE WILL CONTACT YOU TO SCHEDULE YOUR FREE SESSION!



TRIBE TEAM TRAINING

SCHEDULE

TRIBE LIFE		TRIBE FIT		TRIBE CORE
M/W 10:30am - Stacy 6:30pm - Dani	T/TH 6:30pm - Rachel	M/W 6:00am - Jeff 9:30am - Stacy	T/TH 5:30pm - Rachel	M/W 5:30pm - Madalena FRI 9:30am - Drop in w/Stacy

WANT MORE INFORMATION? SCAN THE QR CODE AND A COACH WILL CONTACT YOU!



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