

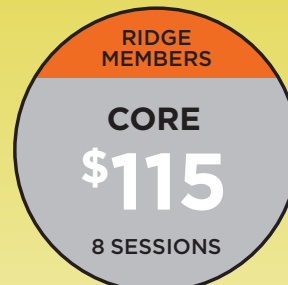
AUGUST 31-OCTOBER 16

FREE TRIAL WEEK AUGUST 24-28*

**Sessions will run during Club Scrub!*

TRIBE

SEASON 5 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am		FIT/LIFE COMBO <i>Lauren</i>		FIT/LIFE COMBO <i>Lauren</i>	
6:30am	FIT <i>Val</i>	FIT <i>Val</i>	FIT <i>Val</i>	FIT <i>Val</i>	1-DAY CORE <i>Lauren</i>
8:00am	FIT/LIFE COMBO <i>Val</i>	LIFE LITE <i>Lauren</i>	FIT/LIFE COMBO <i>Val</i>	LIFE LITE <i>Lauren</i>	
9:00am	FIT/LIFE COMBO <i>Val</i>	FIT <i>Jen</i>	FIT/LIFE COMBO <i>Val</i>	FIT <i>Jen</i>	1-DAY CORE <i>Lauren</i>
10:00am		FIT/LIFE COMBO <i>Gavin</i>		FIT/LIFE COMBO <i>Gavin</i>	
12:00pm	FIT <i>Brandon</i>	FIT/LIFE COMBO <i>Cody</i>	FIT <i>Brandon</i>	FIT/LIFE COMBO <i>Cody</i>	
4:30pm	FIT <i>Jen</i>	FIT/LIFE COMBO <i>Lauren</i>	FIT <i>Jen</i>	FIT/LIFE COMBO <i>Lauren</i>	
5:30pm	LIFE <i>Lauren</i>	FIT/LIFE COMBO <i>Lauren</i>	LIFE <i>Lauren</i>	FIT/LIFE COMBO <i>Lauren</i>	

TRIBE MAKE-UP SESSIONS

SATURDAYS AT 9AM IN RIDGE X GREEN

WHAT IS TRIBE TEAM TRAINING?

TRIBE Team Training is a cost-effective way for everyone to get expertise, guidance and coaching from a TRIBE Certified Trainer. Participants will experience a fun, supportive and motivating team environment. TRIBE programs are results-driven and help members create an exercise habit for a lifetime. All of our formats are specifically designed to ensure progression and success for every participant. No one in TRIBE gets left behind. We unite together, we work together and we grow together. TRIBE is for everyone!

Email our TRIBE Head Coaches at tribe@ridgeathletic.com or contact the service desk to sign up for FREE Trial Week or to get on a team!



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TRIBE
TEAM TRAINING

TRIBE TEAM TRAINING CLASS DESCRIPTIONS

LIFE

TribeLIFE™ will make you functionally fit for whatever challenge life throws at you. 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. It's more individual competition and less team competition.

Low impact functional exercise refers to exercise that is not strenuous on the joints. However *TribeLIFE* will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardiovascular fitness and increase functional strength. Inspirational *TribeLIFE* coaches and encouraging music will be with you every step of the way coaching and motivating you to new levels of health and fitness season after season.

Live life to the fullest with *TribeLIFE*.

Duration: 50 minutes

Workout: Moderate Intensity / Functional / Low Impact

Results: Improves total body strength, fitness and toning, bringing renewed energy

LIFE LITE

TribeLIFE™ Lite takes all the essential elements from *TribeLIFE* and slows them down. You'll get the same low impact aerobic movements and functional strength exercises, but we'll take some extra time to break them down and modify based on your individual fitness level. Close attention to detail from your coach make *TribeLIFE Lite* an excellent choice for someone who is a senior or brand new to fitness!

CORE

TribeCORE™ is designed to train the muscles around your pelvis, hips, back, shoulders and abdomen, starting from the deep torso muscles, leaving you with a slim waistline and firm strong abs.

TribeCORE is the foundation of all training pathways incorporating flexibility and stability training to ensure structural longevity and powerful pain free movement. *TribeCORE* coaches will guide and support you every step of the way coaching and motivating you to new levels of core strength and stability season after season.

Whether you are looking to better your golf swing, improve your athletic performance, or look amazing in your bikini or board shorts – *TribeCORE* is the program for you.

Duration: 50 minutes

Workout: Moderate Intensity / Functional / Low Impact

Results: Improves core toning, strength, stability, power and flexibility for a slim waistline and athletic performance

FIT

TribeFIT™ combines athletic aerobic movements with functional strength exercises that will have you looking and feeling amazingly fit. *TribeFIT* utilizes high intensity and plyometric exercises to challenge your training. Inspirational *TribeFIT* Coaches and powerful music will be with you every step of the way coaching and motivating you to new levels of strength and fitness season after season. Become fitter, faster stronger – become *TribeFIT*.

Duration: 50 minutes

Workout: High Intensity / Functional / Dynamic

Results: Improves functional fitness and strength for all-over athletic results as well as an athletic look and feel.

FIT / LIFE COMBO

FIT/LIFE Combo blends the low impact strength and conditioning of *TribeLIFE* with the tempo and push of *TribeFIT*. If you're looking to be on a team with a competitive edge and you prefer not to run or jump, *FIT/LIFE Combo* is the best FIT for you!

TRIBE TEAM TRAINING Q & A

How long is the TRIBE season? Each season is eight weeks in length with your first week free. There are six seasons per year.

How many sessions can I attend each week? You can attend 2 sessions per week with your assigned team for a total of 16 sessions per season. For example, Monday/Wednesday 5:30pm *TribeLIFE* OR T/Th 12:00pm *FIT/LIFE Combo* will be your designated team and you will be lead by the same TRIBE coach throughout the season. If you sign up for 1-day *TribeCORE*, you will attend 1 session per week with your assigned team for a total of 8 sessions per season. **Make-up sessions are held every Saturday at 9am for all formats.**

Can I drop in to other teams during the season? You are enrolled only on the team that you choose for that season. However, If you are unable to make it to your regular session time, a drop-in to another session may be approved by your Coach. Participants can also join more than one team of a different format during the season. Adding on the 1-day *TribeCORE* is a great addition if you are craving a third day of team training

What is the cost of TRIBE? \$229/season for Ridge members, 2 days per week (\$395 non-members) and \$115/season for Ridge members, 1-day *TribeCORE* (\$199 non-members). There is a 10% discount to team members who enroll in a consecutive season.