

OCTOBER 26-DECEMBER 11

FREE TRIAL WEEK OCTOBER 19-23

TRIBE

SEASON 6 2026

RIDGE
MEMBERS

**FIT, LIFE
& COMBO**

\$229

16 SESSIONS

RIDGE
MEMBERS

CORE

\$115

8 SESSIONS

	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