



**TRIBE
TEAM
TRAINING**

2020 **TRIBE** SEASON 2 SCHEDULE

MAR 9-APR 19 | *Free trial week Mar 2-8*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
5:30am		FIT/LIFE COMBO <i>Caitlin</i>		FIT/LIFE COMBO <i>Caitlin</i>	
6am	LIFE <i>Sean</i>		LIFE <i>Sean</i>		
6:30am		FIT <i>Toby</i>		FIT <i>Toby</i>	
8am		LIFE LITE <i>Lauren</i>		LIFE LITE <i>Lauren</i>	
9am	LIFE <i>Caitlin</i>	FIT <i>Jen</i>	LIFE <i>Caitlin</i>	FIT <i>Jen</i>	
10:00am		FIT/LIFE COMBO <i>Caitlin</i>		FIT/LIFE COMBO <i>Caitlin</i>	*CORE (10:15am) <i>Lauren</i>
12:00pm	FIT <i>Toby</i>	FIT/LIFE COMBO <i>Cody</i>	FIT <i>Toby</i>	FIT/LIFE COMBO <i>Cody</i>	
4:30pm	FIT <i>Jen</i>	FIT <i>(NEW!) Brandon</i>	FIT <i>Jen</i>	FIT <i>(NEW!) Brandon</i>	
5:30pm	LIFE <i>Lauren</i>	FIT/LIFE COMBO <i>Lauren</i>	LIFE <i>Lauren</i>	FIT/LIFE COMBO <i>Lauren</i>	
6:30pm	FIT/LIFE COMBO <i>Brandon</i>	FIT <i>(NEW!) Brandon</i>	FIT/LIFE COMBO <i>Brandon</i>	FIT <i>(NEW!) Brandon</i>	

TRIBE make-up sessions are held on Saturdays at 9am in Ridge X Green

*TRIBE sessions will be held in Ridge X Blue

What is Tribe Team Training?

TRIBE Team Training™ creates the opportunity for us all to be a part of something bigger than ourselves; it delivers the promise that ‘together everyone will achieve more’. TRIBE Team Training members will experience fun, belonging, control, support, reassurance and challenges all in a dynamic motivating environment that will respect their individuality so they can achieve more.

History has shown us that by working as a team we gain far greater results than when we work out on our own. TRIBE Team Training is all about building our tribe, our team, and ourselves.

Who is it for? **EVERYONE!**

How can I get involved?

Talk with our Fitness Director, Nicole Mains, or our service desk to get signed up for FREE Trial Week or to get on a team!



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.

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™ will make you functionally fit by combining athletic aerobic movements with functional strength exercises that will have you looking and feeling amazingly fit. 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

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 six weeks in length with seven seasons each year.

How many classes can I attend each week? You can attend 2 classes per week with your assigned team for a total of 12 classes per season. 1-day *TribeCORE* teams offer one class per week and six classes per season. For example, Monday/Wednesday 6am *TribeLIFE* OR T/Th 12pm *FIT/LIFE Combo* will be your designated team and you will be lead by the same TRIBE coach throughout the season. Make-up classes are held every Saturday at 9am for all formats.

Can I drop in to other teams during the season? No, you are enrolled only on the team that you choose for that season. Drop-ins to other teams are not permitted. However, you can join more than one team 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? \$165/season (2 days per week) and \$82 for 1-day *TribeCORE*. There is a 10% discount to team members who enroll in a consecutive season.