



# TRIBE TEAM TRAINING

## SEASON 1 - 2020

The  
**Thoreau Club**  
Where families & friends belong

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15						
6:00						
7:30						
8:00						*
9:30						**
10:30						2
11:30						
12:00						
4:45	1		1			

Effective January 20th | \* Make-up Class | \*\* Class runs 1x/week

### TRIBE **FIT** FIT, FAST, STRONG

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.

	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.

### TRIBE **LIFE** ACTIVE, FIT, ENERGIZED

TribeLIFE™ will make you functionally fit for what ever 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.

	DURATION	50 minutes
	WORKOUT	Moderate Intensity / Functional / Low Impact
	RESULTS	Improves total body strength, fitness and toning bringing renewed energy.

### TRIBE **KIDS** HEALTHY, FIT, CONFIDENT

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 drills for coordination and agility, strength and stamina exercises as well as teamwork games and challenges. Dedicated TribeKIDS™ Coaches will motivate and coach our kids every step of the way encouraging our kids to new levels of fitness, strength and confidence season after season.

	DURATION	50 minutes
	WORKOUT	Moderate Intensity / Functional / Dynamic
	RESULTS	Improves fitness, strength, coordination and confidence for increased motivation and athletic performance.

**TribeFIT & TribeLIFE run 2x per week**

**TribeKIDS runs 2x or 1x per week**

**TribeKIDS Session 1: Monday & Wednesday | TribeKIDS Session 2: Saturday**

For more information, visit our website [www.thoreau.com](http://www.thoreau.com) or contact [glenn@thoreau.com](mailto:glenn@thoreau.com)

\* MAKE UP CLASS

\*\* CLASS RUNS 1X/WEEK

UPDATED: 1/1/20