



TRIBE TEAM TRAINING

SEASON 1 - 2021

The
Thoreau Club
Where families & friends belong

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15					
6:00					
7:30					
9:30					
11:00					
12:15					

Effective January 11th, 2021

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.

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.

TRIBE **CORE** 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.

SIGN UP ON THE APP OR VISIT OUR WEBSITE!

Our Tribe coaches will be delivering all programs in the Thoreau Outdoor Center's (TOC) events room, which is reserved solely for Tribe Team Training during its time slots. All equipment remains in the TOC, and is sanitized before and after each session. We are capping each team at 6 team members for maximum safe spacing and to allow our team members to experience their sessions. Masks are required for TRIBE participants and coaches.

TribeFIT & TribeLIFE run 2x per week

TribeCORE runs 2x or 1x per week

For more information, visit our website www.thoreau.com or contact revell@thoreau.com