



TRIBE TEAM TRAINING

SEASON 3 - 2021

The
Thoreau Club
Where families & friends belong

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00					
7:30					
9:30					

SEASON 3: APRIL 26TH - JUNE 4TH

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!

All equipment is sanitized before and after each session. We are capping each team at 8 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 1x per week

Available for Thoreau Club members only

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