








# TRIBE TEAM TRAINING

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

## SEASON 6: SEPTEMBER 20TH - OCTOBER 29TH

### 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!

TribeFIT & TribeLIFE run 2x per week: \$249

TribeCORE runs 1x per week: \$125

Available for Thoreau Club members only

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

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**Thoreau Club**  
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