



TRIBE TEAM TRAINING



Powered by

FREE TRIAL WEEK 9/13-9/19

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------------------------|----------------------------------|--------------------------------|----------------------------------|-------------------------------|--------------------------------|---------------------------------|
| 6:30 am | | | | FIT Allie(2) Th/Su | | | |
| 7:30 am | FIT Kim(3) M/W/F | | FIT Kim(3) M/W/F | | FIT Kim(3) M/W/F | FIT Aimee(2) W/Sa | |
| 9:00 am | | LIFE Courtney Tu/Th | | LIFE Courtney Tu/Th | | FIT Kim(2) Tu/Sa | |
| 10:30 am | | FIT Kim(2) Tu/F | | | FIT Kim(2) Tu/F | | |
| 11:00 am | | | | | | | FIT Allie(2) Th/Su |
| 12:00 pm | FIT Kim(2) M/Th | | | FIT Kim(2) M/Th | | | |
| 4:15 pm | LIFE Brian M/Th | | | LIFE Brian M/Th | | | |
| 4:30 pm | | | FIT Aimee(2) W/Sa | | | | |
| 5:30 pm | LIFE Aliza M/W | FIT Kim(2) Tu/Sa | LIFE Aliza M/W | | | | |

TRIBE Team Training™ specializes in small group training. TRIBE Team Training™ develops seven new seasons per year. All seasons are progressive; no workout is repeated meaning you will achieve more. Programs are designed for all fitness levels, abilities, and experience.

Not sure which program is for you – try TribeLIFE & TribeFIT during trial week!

**TRIBE
FIT**

High intensity functional fitness designed to make you fitter, faster and stronger. Set goals and monitor your progress. TribeFIT will keep you challenged and motivated to ensure you reach your goals. Season is six weeks with weekly sessions either 2x or 3x per week.

**TRIBE
LIFE**

Moderate intensity, low impact functional fitness for strength as well as core and mobility exercises to make you functionally fit. TribeLIFE gets you ready to live life to the fullest. Season is 6 weeks with weekly sessions 2x per week.

Free trial week from September 13 - 19

Space is limited; secure your spot today!

***Season 6 September 20 - October 31**

(please see Season 6 schedule for days/times)

TribeFIT(2) \$199/season; TribeFIT(3) \$259/season

TribeLIFE \$199/season

For more information contact kimg@edgevt.com