


















TRIBE TEAM TRAINING



Powered by

Season 7*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|--|---|--|--------|
| 6:30 am | | | | | | | |
| 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/F | | |
| 10:30 am | |  FIT Kim(2) Tu/F | | | | | |
| 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/Th |  LIFE Aliza M/W |  FIT Kim(2) Tu/Th | | | |

HOW IT WORKS

PICK YOUR PROGRAM



PICK YOUR TEAM

REACH YOUR GOALS

CHOOSE THE DAY/TIME/COACH

SUPPORTED BY YOUR COACH AND TEAM

ACHIEVE MORE TOGETHER

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.

Seasons are 6 weeks with a week “break” between seasons.



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



Moderate to high 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. TribeLIFE \$199/season.

***Season 7 November 8-December 19**

Free trial week from November 1-7

Space is limited; secure your spot today!

For more information contact kimg@edgevt.com