



TRIBE TEAM TRAINING



Powered by

Season 1 2022*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Brian Tu/F			Brian Tu/F	
7:30 am						Aimee W/Sa
9:00 am		Courtney Tu/Th		Courtney Tu/Th		
4:30 pm			Aimee W/Sa			
5:30 pm	TribePUNCH™ Kim M/W		TribePUNCH™ Kim M/W			
6:00 pm		Allie Tu/Th		Allie Tu/Th		

TRIBE Team Training™ specializes in small group training. TRIBE Team Training™ releases new seasons every 8 weeks. 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 8 weeks. First season for 2022 starts January 10th! Secure your spot today!

TribeFIT™ is the high-intensity functional fitness workout designed to make you fitter, faster and stronger. Season is 8 weeks with weekly sessions either 2x/week \$219/season members; \$299 non-members or 3x/week \$299/season members; \$389 non-members.

TribeLIFE™ is our low impact functional exercise workout that gets you fit for life. Season is 8 weeks with weekly sessions 2x per week \$219/season members; \$299 non-members.

TribePUNCH™ is the powerful boxing and kickboxing workout focused on fitness, skill, and mental toughness. Season is 8 weeks with weekly sessions 2x per week \$219/season; \$299 non-members.

HOW IT WORKS

PICK YOUR PROGRAM

TribeFIT™

TribeLIFE™

TribePUNCH™

PICK YOUR TEAM

REACH YOUR GOALS

CHOOSE THE DAY/TIME/COACH

SUPPORTED BY YOUR COACH AND TEAM

ACHIEVE MORE TOGETHER

***Season 1 2022 January 10 - March 6**

Space is limited; secure your spot today!

For more information contact kimg@edgevt.com