

<div> <div>TRIBE</div> <div>FIT</div> </div> <div>IN PERSON AND LIVESTREAM</div>			
<div> <div>FIT</div> <div>TRACY</div> </div>	Monday/Wednesday*	6:00-7:00am	SGPT/Zoom
<div> <div>FIT</div> <div>TRACY</div> </div>	Tuesday/Thursday*	6:00-7:00am	SGPT/Zoom

<div> <div>TRIBE</div> <div>LIFE</div> </div> <div>LIVESTREAM</div>			
<div> <div>LIFE</div> <div>JENNY</div> </div>	Tuesday/Thursday	8:00-9:00am	ZOOM

*TribeFIT: No In-Person or Livestream sessions for TribeFIT week of March 25

WHAT IS TRIBE?

TRIBE Team Training is a progressive, seven-week small group workout scientifically designed to deliver results. Over 200 hours of research and development go into every season. Every TRIBE coach will help team members plan their season to maximize results both in and out of the TRIBE sessions. Coaches spend every minute ensuring you get a great workout AND customize the workout for you. The workouts build on one another as the season progresses.

TRIBE offers back to back seasons throughout the year. Each season begins with a **free Trial Week** so potential new team members can check out the workouts. The subsequent seven weeks consist of **twice weekly progressive workouts**.

TRIBE FIT TribeFIT is a high-intensity dynamic team training workout that is scientifically designed to make you fitter, faster and stronger. TribeFIT demands it all, so bring your "A" game!

TRIBE LIFE TribeLIFE is a fun, high energy, low-impact workout that will improve total body strength, fitness and cardiovascular health in a revitalizing team setting.

HOW TO REGISTER FOR TRIAL WEEK

Sign up on the App

Go to Explore > Programs > Filter by Tribe Team Training > March 11-March 14

REGISTER Club Greenwood App
ClubGreenwood.com/Tribe-Team-Training
303.770.2582 x274

CONTACT Angela ZaunAngelaZ@ClubGreenwood.com



SCAN FOR INFO



TRIBE
TEAM TRAINING

SEASON
2

TRIAL WEEK

MARCH 11-MARCH 14

SEASON 2
MARCH 18-MAY 2

6-7 weeks per season
2 workouts per week

IN-PERSON WORKOUTS

Members \$240 per season
Guests \$300 per season

LIVESTREAM WORKOUTS

TribeFIT \$120 per season
TribeLIFE \$140 per season

