

TRIBE
FIT

IN PERSON AND LIVESTREAM

FIT
TRACY

Tuesday/Thursday* 6:00-7:00am SGPT/Zoom

TRIBE
LIFE
LIVESTREAM

LIFE
JENNY

Tuesday/Thursday 8:00-9:00am ZOOM

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 >
May 7-9

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
3

TRIAL WEEK

MAY 7-9

SEASON 3
MAY 14-JUNE 27

7 weeks per season
2 workouts per week

IN-PERSON WORKOUTS

Members \$280 per season
Guests \$350 per season

LIVESTREAM WORKOUTS

\$140 per season

 CLUB
GREENWOOD