

IN PERSON			
FIT TRACY	Monday/Wednesday	6:00-7:00am	SGPT
LIVESTREAM			
FIT TRACY	Monday/Wednesday	6:00-7:00am	ZOOM
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 > Classes > Filter by Tribe Team Training > October 23-26

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

CONTACT Angela Zaun, AngelaZ@ClubGreenwood.com



SCAN FOR INFO



TRIBE
TEAM TRAINING

SEASON
6

TRIAL WEEK

OCTOBER 23-26

SEASON 6
OCTOBER 30-DECEMBER 14

7 weeks per season
2 workouts per week

IN-PERSON WORKOUTS
Members \$280 per season
Guests \$350 per season

LIVESTREAM WORKOUTS
\$140 per season

UPDATED 10.1.23

 **CLUB
GREENWOOD**