

ASK YOUR BODY A DIFFERENT QUESTION

TRIBE FIT

TribeFIT™ can be defined as a strength and endurance HIIT conditioning program designed for any committed individual, regardless of fitness or experience, making it the ideal fitness regimen. TribeFIT™ will increase your strength and endurance, burn fat and calories and produce functional, full body fitness results leaving you looking and feeling amazingly fit!

- Two 60 minute team strength/conditioning workouts each week for 6 weeks.

TRIBE CORE

TribeCORE™ is a training program intelligently designed to bring toning, strength, stability and power to your core. TribeCORE™ trains the muscles around your pelvis, hips, back and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs. TribeCORE™ incorporates flexibility and stability training to achieve structural longevity and powerful, pain-free movement.

- Two 60 minute team core/flexibility workouts each week for 6 weeks.

TRIBE LIFE

TribeLIFE™ is a low impact functional exercise workout designed to ensure you achieve all your exercise needs to be fit for life. TribeLIFE™ uses low impact functional exercises that are not strenuous on the joints. TribeLIFE™ will ensure you maintain the correct intensity during workouts needed to decrease body fat, increase energy levels, achieve cardio vascular fitness and increase functional strength.

- Two 60 minute team functional/coordination workouts each week for 6 weeks.

TribeLIFE™, Tribe CORE™, TribeFIT™ are coached by highly trained professionals who will be with you every step of the way. Both programs are held in our fully equipped studio set up with all the latest equipment.

CORNERSTONE Clubs

We know that once you try this amazing program, you'll achieve incredible results. **FREE trials** are held on a regular basis – spaces are limited so please contact us to secure your place!

THE FACTS

- Two one hour long **TribeFIT™**, **TribeCORE™** or **TribeLIFE™** strength and conditioning workouts each week for 6 weeks
- Ten people per team
- All equipment provided
- Members and non-members welcome

WHAT NEXT?

Grab nine friends (or, alternatively, we can team you up with nine other like-minded people), and sign up to be in the best shape of your life.

Tribe Team Training Fees - 6 week season, 2 classes per week

\$138/members \$178/guests

TRIBE TEAM TRAINING POLICIES

Team Commitment: When you sign up for a team, you are committed to those training days/times.

Subsequent season enrollment: Current team members will be given priority when registering for their team for the next season.

Cancellation/Refund Policy: Enrollment must be cancelled at least 24 hours in advance for full refund. Refunds will be returned in the original form of payment.

Proration: There will be no proration for Tribe Team Training.

Drop-in: There will be no drop-ins allowed for Tribe Team Training.

Payment: Tribe Team Training must be paid in full at the time of enrollment. Reservations are not guaranteed until payment is received.

*If you have any questions please contact the Tribe Head Coach, Sean Rimmer, at 215.918.5900 or at SRimmer@CSCClubs.com.