



# TRIBE SCHEDULE

SEASON 6 September 24<sup>th</sup>-November 2<sup>nd</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 7:00am		<b>TRIBE FIT</b> Jason W.	<b>TRIBE CORE</b> Kyle	<b>TRIBE FIT</b> Jason W.	<b>TRIBE CORE</b> Kyle
9:00am-10:00am	<b>TRIBE LIFE</b> Don	<b>TRIBE FIT</b> Don		<b>TRIBE FIT</b> Don	<b>TRIBE LIFE</b> Don
10:00am -11:00am	<b>TRIBE FIT</b> Don	<b>TRIBE LIFE</b> Missy		<b>TRIBE LIFE</b> Missy	<b>TRIBE FIT</b> Don
11:00am-12:00pm		<b>TRIBE FIT</b> Tisha		<b>TRIBE FIT</b> Tisha	
5:00am-6:00pm	<b>TRIBE PUNCH</b> Pete		<b>TRIBE PUNCH</b> Pete		
5:30pm-6:30pm		<b>TRIBE FIT</b> Ron		<b>TRIBE FIT</b> Ron	
6:00pm-7:00pm	<b>TRIBE CORE</b> Carol		<b>TRIBE CORE</b> Carol		
6:30pm-7:30pm		<b>TRIBE PUNCH</b> Ron		<b>TRIBE PUNCH</b> Ron	

NEXT TRIAL WEEK BEGINS  
Nov. 5<sup>th</sup>- Nov. 9<sup>th</sup>



**christi's**  
FITNESS

NEXT SEASON BEGINS  
Nov. 12<sup>th</sup>



Thank you for your interest in TRIBE Team Training, our new small group-training program that strives to encourage people to achieve more than they ever thought possible.

Team training delivers the opportunity for us to be a part of something bigger than ourselves; it delivers the promise that together we will achieve more. Through incredible role modelling, delivery and team care we create an environment where all of our members succeed.

Christi's will be offering the following four choices for TRIBE Team Training so that there is something for everyone. No two workouts are ever the same and they are progressive. This means that members will start with the basics in week one, continuously learn new exercises until the final two weeks of each season where no more new exercises will be introduced but the challenge of the workouts will be at their peak.

**TribesFIT™** is the high intensity functional fitness workout designed to make you fitter, faster and stronger.

You will experience high intensity functional fitness that is designed to bring you to new levels of training. Everything you do is for time and the workout is to be completed in a specific amount of time. Each week is designed to specifically compliment the last so that you achieve amazing results that last.

**TribesLIFE™** is our low impact functional exercise workout that gets you fit for life.

Experience a fun, low impact functional workout that combines aerobic movements, strength exercises as well as conditioning and flexibility. All of these are gentle on the joints. They are designed to decrease body fat, increase energy, achieve improved cardiovascular fitness and increase functional strength.

**TribesCORE™** brings toning, strength, stability and power to your core.

Experience intelligent training that is designed to bring new levels of strength, support and flexibility through your back, abs, pelvis and shoulders. In doing this you will experience structural longevity, pain free movement, a slimmer waistline and firm, strong abs.

**TribesPUNCH™** is our powerful boxing and kickboxing workout focused on fitness, skills, and mental toughness.

Specifically designed to give you agility, strength, fitness and fighting skills creating a greater confidence within and a lean, toned body. This will help you build power, endurance, and mental toughness ensuring fast measurable results.

**Become fighting fit without getting hit.**

**Tribes FIT, LIFE, CORE Rates**

Members	\$180 for 6 weeks (12 sessions at \$15 a session)
Non-members	\$240 for 6 weeks (12 sessions at \$20 a session)

**Tribes Punch Rates**

*(Includes Boxing Glove Hand Wraps)*

Members	\$205 for 6 weeks (12 sessions at \$17 a session)
Non-members	\$265 for 6 weeks (12 sessions at \$22 a session)