



FREE Trial Week March 5 - 10 / M-F

Season 2 | March 12 - April 21

SOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FIT 5:00 am / Tim		FIT 5:00 am / Tim		
	FIT 6:00 am / Kelsey H		FIT 6:00 am / Kelsey H		
LIFE 7:00 am / Kelsey H		LIFE 7:00 am / Kelsey H			
	LIFE 8:00 am / Nicole			LIFE 8:00 am / Nicole	CORE 8:00 am / Nicole
CORE 9:15 am / Nicole	FIT 9:15 am / Nicole	CORE 9:15 am / Nicole	FIT 9:15 am / Nicole		
	FIT 10:30 am / Tim		FIT 10:30 am / Tim		
	FIT 4:00 pm / Nicole				
CORE 5:30 pm / Nicole		CORE 5:30 pm / Nicole			

All TRIBE classes | 2 days weekly | Same trainer | M/W | T/TH | T/F | Classes not interchangeable | * Teens only

ONE UNIT | ONE TEAM | ONE TRIBE



Tribe Team Training

Experience small group training like never before! Tribe Team Training forms a small group (around 6-12 people) that work together in a six week season. New and inspiring music powers every workout and classes are led by a TRIBE certified coach. Each workout is new and specifically programmed to deliver results based on the focus of the season. Tribe teams work together, as a unit, to help fellow team members reach a higher level of fitness through the motivation of your coach and teammates! **ONE UNIT | ONE TEAM | ONE TRIBE**

Class descriptions

LIFE

TribeLIFE™ is a low impact fitness program designed to improve quality of life through basic movement and strength training. It is designed to improve total body strength, fitness, and toning bringing renewed energy.
50 minutes | Moderate Intensity/Functional/Low Impact

CORE

TribeCORE™ is dedicated to improving toning, strength, stability, and power to your core through a variety of movement and isometric based exercises. This class will help bring you a slimmer waistline along with a firmer and stronger mid-section.
50 minutes | Moderate Intensity/Functional/Low Impact

FIT

TribeFIT™ is a high intensity functional fitness program designed to make you fitter, faster, and stronger. This class has a strong focus on full body movements and will challenge you to reach a higher level of fitness.
50 minutes | High Intensity/Functional/Dynamic

Registration

1. **Choose a Team and a coach.**
2. **Contact Tim Anderson | tima@miramontlifestyle.com.**
3. **Register and pay at the front desk before classes begin.**

Classes are not interchangeable. All classes meet at the gymnasium.

* Please note that there are no make-ups for missed classes.

** There are no drop-ins for TRIBE sessions.

Rates

Member **\$ 179 / per 6 week season**
\$15 per session | **12 one hour sessions**

www.genesishealthclubs.com/locations/miramont-south/tribe-team-training