

ARE YOU IN?



GET READY FOR SOMETHING NEW WITH TRIBE TEAM TRAINING

Contact your TRIBE Head Coach to sign up for a Trial Session!



TRIBE TRAINING

TribeFIT™ is a high-intensity Interval Training program designed to help you move and perform like an athlete.

Benefits:

- > Rapid improvement in cardiovascular fitness
- > Increased speed, strength and stamina
- > Increased weight loss by maximizing calorie burn during each session
- > Increased results by achieving goals and smashing them
- > Increased metabolism by burning calories for hours after the session

TRIBE
FIT

TribeCORE™ is designed to help you achieve a strong and stable core. It incorporates flexibility and stability training to reach structural longevity and powerful, pain-free movement.

Benefits:

- > Toned, slim waistline
- > Increased flexibility, stability and functional movement
- > Improved athletic performance
- > Improved posture

TRIBE
CORE



For more information check out:
info.merrittclubs.com/tribe-team-training