



Small Group Training Programs



TRIBE 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**. Tribe Team members will experience fun, belonging, support, reassurance, and personal challenges all in a dynamic motivating environment. By working as a team, we gain far greater results than when we work on our own. Tribe Team Training is all about building our tribe, our team, and ourselves. We unite together, we work together and as a result we **grow together**.

Each week is designed based on the season objective and builds progressively throughout. With new exercises, formulas, and gaming, our team members achieve amazing results – fast!



TribeLIFE is Low Impact Functional Exercise (L.I.F.E.), where movement matters. It is whole body integrated and explores our movement capability to build vitality and vigor. This program allows us to be kind to our joints while achieving the right intensity to decrease body fat, increase energy levels and be stronger, fitter and more mobile session after session.













TribeCORE team members will experience intelligent training that is designed to bring new levels of strength, support, and flexibility through their back, bum, belly, and shoulders. This will bring them structural longevity and pain-free movement, a slimmer waistline and firm strong abs.



Kettlebells

Do you like to be efficient with your time & energy? Are you looking to build strength, burn fat, and build cardiorespiratory endurance? Kettlebells are an amazing tool for all three. Join us as we master the movements of the kettlebell to bulletproof shoulders & core, get off the ground with ease & improve work capacity and power. This venture will transform you into the strongest, leanest, and most confident version of yourself.

2023 Season 3 runs May 1st through June 24th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT	SUN
7am  Adaisha		7am  Adaisha				
8am  Allison G		8am  Allison G				
10am  Helena		10am  Helena				
630p  Suzie	6pm  Ryan	630p  Suzie	6pm  Ryan			

Contact Ryan, RUNSWORTH@HEALTHTRAX.NET 919.847.2393, ext 380 HEALTHTRAX.COM

Season 4 Runs June 26th - August 19th



Details

Eight-week season includes 16 total sessions, 2x a week
 Two complimentary sessions deducted from program cost for first timers
 Vacations, planned absences & sicknesses are taken into consideration
 Programs include Assessments, In-Body Scans and Check-Ins

Location

On the Fitness Floor