



TRIBE TEAM TRAINING

**NEW HOPE TRIBE**

**HOLIDAY SEASON**

**12/16—1/10**

Tribe's Holiday season is here! What makes it special?  
There's no need to commit to a full 8-week season!

Now you can drop in for individual classes and  
experience the energy, camaraderie, and results  
that Tribe delivers.

<b>MON/WED</b>	<b>6:00am</b>	<b>TribeFIT with Robert</b>
<b>TUES/THUR</b>	<b>6:45pm</b>	<b>TribeFIT with Gina</b>
<b>WED/FRI</b>	<b>9:00am</b>	<b>TribeFIT with Mark</b>

**Limited to 10 per session; \$15 member | \$20 guest**

Drop by or call the Service Desk to sign up.  
Space limited and spots fill fast!

**CORNERSTONE**  
where healthy happens