

TRAINING PROGRAMS



PRIVATE PERSONAL TRAINING

ONE-ON-ONE | CUSTOMIZED AROUND YOUR GOALS | PROGRAM-DRIVEN

After you go through the Personal Fitness Profile a LCRAC Fitness Coach will design a custom program around your specific goals. This training provides you with exclusivity during your workouts, just you and your fitness coach.

SEMI PRIVATE PERSONAL TRAINING

2-5 PEOPLE | CUSTOMIZED PROGRAM | RESULTS-DRIVEN

Get the customization of an individualized program while working with like-minded individuals. Based on your goals and needs, your custom program will be updated by your Fitness Coach on a regular basis.

SMALL GROUP TRAINING

4-8 PEOPLE | CONSISTENCY | ADJUSTABLE, EXPANDABLE, REPEATABLE

Programming is adjustable, repeatable, expandable and adaptable for members who want to work out in a community but don't like large group formats. MX4, MX4 Boxing, MX4 Tennis, Barre

TRIBE TEAM TRAINING

5-12 PEOPLE | SCIENTIFICALLY FORMULATED | DYNAMIC ENVIRONMENT

TRIBE Team Training™ programs are not only results based but help TRIBE members create an exercise pathway for a lifetime. The team momentum creates a dynamic environment for individual success.

GROUP FITNESS

VARIETY | FOCUSED ON COMMUNITY | INCLUDED IN MEMBERSHIP

All of our classes offer a variety of training techniques, environments and challenging workouts. Benefits from group fitness range from building cardio endurance to improving muscle tone and flexibility.

TRAINING PROGRAMS



PRIVATE PERSONAL TRAINING

ONE-ON-ONE | CUSTOMIZED AROUND YOUR GOALS | PROGRAM-DRIVEN

	30 MIN.	45 MIN.	60 MIN.
PROFESSIONAL	\$36	\$47	\$56
EXPERT	\$39.50	\$51.75	\$61.50
ADVANTAGE	\$43.50	\$57	\$67.50

SEMI PRIVATE PERSONAL TRAINING

2-5 PEOPLE | CUSTOMIZED PROGRAM | RESULTS-DRIVEN

	30 MIN.	45 MIN.	60 MIN.
PROFESSIONAL	\$19.25	\$24.75	\$29
EXPERT	\$21.25	\$27.25	\$32
ADVANTAGE	\$23.50	\$30	\$35.50

SMALL GROUP TRAINING

4-8 PEOPLE | CONSISTENCY | ADJUSTABLE, EXPANDABLE, REPEATABLE

\$17.50 (PACKAGES & PRE-REGISTRATION DISCOUNTS AVAILABLE)

MX4, MX4 BOXING, MX4 TENNIS, BARRE

TRIBE TEAM TRAINING

5-12 PEOPLE | SCIENTIFICALLY FORMULATED | DYNAMIC ENVIRONMENT

\$15 (2X/WEEK | 6 SESSIONS)

TribeCORE, TribeFIT, TribeLIFE

GROUP FITNESS

VARIETY | FOCUSED ON COMMUNITY | INCLUDED IN MEMBERSHIP