



**TRIBE**  
TEAM TRAINING



An Innovation in Group Personal Training



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

5:30am - 6:30am  
TribeCORE - KAYLA

5:30am - 6:30am  
TribeCORE - KAYLA

6:45am - 7:45am  
TribeCORE - KRIS

6:45am - 7:45am  
TribeCORE - KRIS

9:00am - 10:00am  
TribeCORE - KAYLA

8:30am - 9:30am  
TribeCORE - KAYLA

9:30am - 10:30am  
TribeFIT - KAYLA

9:30am - 10:30am  
TribeFIT - KAYLA

**TRIBE Season 1 runs January 21-February 28, 2019**

Contact Kris Walter ( [walter@lclub.com](mailto:walter@lclub.com)) or Kayla Klink ( [klinkk@lclub.com](mailto:klinkk@lclub.com)) for more information  
Register online at [www.lclub.com](http://www.lclub.com) | Online Services | MyLCRAC app | Front Desk