



TRIBE

TEAM TRAINING

Season 2: March 12th through April 20th. Sign up today!

FREE Trial Week: March 5th through 9th. Enroll at our front desk or by phone.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:00a

7:15a

7:30a

7:45a

8:00a

8:15a

8:30a

8:45a

9:00a

4:00p

4:15p

4:30p

4:45p

5:00p

5:15p

5:30p

5:45p

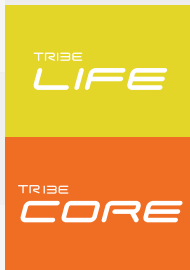
6:00p

6:15p

6:30p

6:45p

7:00p



Are you ready to take command of your life?

Team training is an intelligent workout dynamically designed to keep your body guessing and growing season after season. Due to Tribe grouping methods, it would be wise to secure your spot today!

ALASKAFITNESS.NET