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New Zealand Fitness Provider enters the International Fitness Market

TRIBE Team Training™ - a New Zealand owned and operated fitness company - officially opened its doors to the international market today, commencing operations out of its Wanaka based headquarters.

Providing small group personal training solutions (team training) to gyms and clubs throughout the globe, TRIBE Team Training™ is dedicated to inspiring people of the health and fitness community worldwide, to achieve above and beyond their normal mental, physical and emotional realms.

CEO and Managing Director Haagon East says by working as part of a team, individuals achieve far greater results than if they work out on their own.

“Generally speaking, when people exercise on their own, they’re accountable only to themselves, so for some, it’s easier to slack off and take shortcuts or not work out at all! History shows that when a group of people work out together, they push themselves further as they’re naturally competing and supporting each other to get through the work out.”

East says TRIBE Team Training™ is all about building the team dynamic and creating an atmosphere where people strive to realise personal goals in a safe, supportive and motivating environment.

TRIBE Team Training™ encompasses five specific programs:

- TribeFIT™ - a high intensity functional fitness program designed to make individuals fitter, faster and stronger.
- TribeCORE™ - an intelligent core conditioning workout that brings toning, strength, stability and power to the core.
- TribePUNCH™ - a powerful boxing and kickboxing workout focused on fitness, skill, and mental toughness.
- TribeLIFE™ - a low impact functional exercise program that will get you fit so that you can live life to the fullest.
- TribeKIDS™ - a fun youth fitness class that builds fit, healthy and confident kids.

“Each program is delivered in ‘seasons’ with seven new seasons developed and released every year,” says TRIBE Team Training™’s Creative Director, Toby Donnelly.

“A TRIBE Team Training™ member will never repeat the same workout twice ensuring variety, diversity and better results...so come join the TRIBE!”

TRIBE Team Training™ programs are already operating in health and fitness clubs throughout New Zealand and are supported by the latest music along with Trainer education and certification. For more information on TRIBE Team Training™, visit www.tribeteamtraining.com

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