

FEATURES

Fitness Unlimited offers great Tribe team training

**By Theresa Doherty
Milton Times intern**

Since its launch this past January, Fitness Unlimited's Tribe Team Training program has been a success.

The Tribe Team Training program is a small group fitness program that was first developed in New Zealand. Performed in a fun and motivating small group of about 10 people with certified personal trainers, or coaches, the program helps to improve strength, balance, cardio endurance and much more.

This training program is comprised of seven "seasons" for one year, with six weeks per season. There are two workouts per week with each class running for about 50 minutes.

season. "We have completed three seasons so far and have had women who have completed all three, sign up for season four."

The goal for this program is to help participants become mentally and physically strong. Boylan said that there are currently nine certified coaches who believe in this program, have seen amazing results, and are willing to help participants reach their goals. She added, "We know this program inside and out."

Julie Ritchie is an active member in the program. "I consider myself a fit person, however," Ritchie said, "Tribe has taken my fitness to a whole new level. I am encouraged and therefore motivated to push myself a little harder-

'Tribe has taken my fitness to a whole new level. I am encouraged and therefore motivated to push myself a little harder and a little farther every time I walk into the Tribe Zone.'

— JULIE RITCHIE

Ann Marie Boylan, the personal training director at Fitness Unlimited, has only good things to say about this program. "The workouts are dynamite," Boylan said. "I have seen amazing results. The camaraderie among these women is amazing."

The program consists of two different workouts now being offered at Fitness Unlimited: Tribe Life and Tribe Fit. Tribe Life consists of low impact, functional exercise, while Tribe Fit consists of high intensity exercise.

Boylan said that both workouts are tough, but they are guaranteed to make you "fitter, faster and stronger." Boylan also added that many women have completed one season and enjoyed it enough to sign up for another

er and a little farther every time I walk into the Tribe Zone".

All sessions are performed in one of six of Fitness Unlimited's specialty studios, the APC - "Athletic Performance Center." Interested participants need to be committed to completing the entire six weeks.

Fitness Unlimited is located at 364 Granite Ave. The Tribe program is offered to members and non-members of Fitness Unlimited and is open for all age groups. Call Fitness Unlimited at (617) 698-0260 to sign up. It is first come, first served.

Visit www.fitnessunlimited.com/tribe-team-training.php and www.tribeamtraining.com for more detailed information about the program.



Ann Marie Boylan (left) welcomes back her Tribe Fit team for Season 4.



This Tribe Fit team gets down for some push-ups.



A variety of different workouts are performed in each session.

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