

TRAINING FOR WARRIORS CLASS SCHEDULE

	Essex 4 Gauthier Drive 879-7734	Williston 115 Wellness Drive 860-3343
Monday	9:00 A.M. Strength with Coach Ren 6:15 P.M. 8 Week Warrior Challenge	12:00 P.M. Strength with Coach Dustin 5:00 P.M. Strength with Coach Dustin
Tuesday	12:00 P.M. Hurricane with Coach Dustin 5:00 P.M. Hurricane with Coach Dustin	8:30 A.M. Hurricane with Coach Dustin
Wednesday	12:00 P.M. Speed Strength with Coach Dustin 5 P.M. Speed Strength with Coach Dustin 6:15 P.M. 8 Week Warrior Challenge	
Thursday	12:00 P.M. Hurricane with Coach Dustin	8:30 A.M. Hurricane with Coach Dustin
Friday	5:00 P.M. Hurricane with Coach Dustin 6:15 P.M. 8 Week Warrior Challenge	
Saturday		8:00 Strength with Coach Dustin
Sunday		

TRAINING FOR WARRIORS classes offer a huge variety of metabolic training, from our signature Hurricane workouts, energy circuits, “Running the Gauntlet”, Complexes and Combos, Pyramid workouts as well as our Warrior Challenges! Track all of your progress on Warrior Tracker!
 Dustin Berry dustinb2@edgevt.com (802)-793-7003

Training For Warriors (TFW) Class Pricing

Edge Members

- 8 Week Warrior Challenge - \$275 Members;
\$325 Non-Members (Ask about dates)

- PUNCH CARDS
 - 10 SESSIONS FOR \$199
 - 20 SESSIONS FOR \$339
 - 30 SESSIONS FOR \$449

- UNLIMITED CLASSES EFT (MUST LEAVE A CARD OR ACCOUNT NUMBER ON FILE)
 - 3 MONTH COMMITMENT - \$179/MONTH
 - 9 MONTH COMMITMENT - \$139/MONTH

Edge Non-Members

- PUNCH CARDS
 - 20 CLASSES FOR \$499

- UNLIMITED CLASSES EFT (MUST LEAVE A CARD OR ACCOUNT NUMBER ON FILE)
 - 3 MONTH COMMITMENT - \$225/MONTH

