


TRAINING FOR WARRIORS CLASS SCHEDULE

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

www.edgevt.com www.trainingforwarriors.com

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

