




May & June 2018 GRIT Schedule Small Group Training

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|  | Williston Wellness Drive 860-3343 |
| Monday | 6:00 am Cardio Betsy |
| Tuesday | |
| Wednesday | 6:00 am Plyo Ashley |
| Thursday | |
| Friday | 6:00 am Strength Betsy |
| Saturday | |
| Sunday | |

Schedule effective May 1 - June
Schedule subject to change based on participation

We recommend GRIT 2 -3 days/week with at least a full day of rest between GRIT workouts.



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Rates 2018 May & June Only

EDGE Members:

- **One time: \$10**
- **Unlimited: 1 month \$65; 2 months \$120**

Non-EDGE members:

- **One time: \$20; Unlimited: 1 month \$145; 2 months \$240**

***Payment is due at time of registration all payments must be in full. No refunds given for unused sessions.**

Exercise precautions: Any of the following conditions require medical clearance before undertaking a GRIT workout:

Heart disease, diabetes, hypertension, musculoskeletal disorders that reduce your ability to perform impact exercise, obesity. Not recommended during pregnancy.

LES MILLS GRIT is small group training at its best! LES MILLS GRIT™ SERIES will push you to your max, and beyond. GRIT™ will take you out of your comfort zone with safe, effective workouts and knowledgeable and motivating coaches. Driving music adds to the motivation and constant research with new workouts every 3 months ensure you are getting the latest and most up-to-date workouts. Coaches are there beyond the workouts with recommendations on nutrition, supplemental workouts, etc. We are all available to answer questions and help you to reach beyond your goals. Fitness is a journey and your GRIT coaches and your teammates want to help you on your journey!

Check out our website at www.edgevt.com for more information!