

# TRAINING FOR WARRIORS SUMMER PRACTICE SCHEDULE

|  | <p style="text-align: center;"><b>Essex</b><br/>4 Gauthier Drive<br/>879-7734</p> | <p style="text-align: center;"><b>Williston</b><br/>115 Wellness Drive<br/>860-3343</p>                     |
|---|---|---|
| <p><b>Monday</b></p>  |   | <p><b>6:30 A.M. 28 Day Challenge</b></p> <p><b>12:00 P.M. Strength</b></p> <p><b>5:00 P.M. Strength</b></p> |
| <p><b>Tuesday</b></p>   | <p><b>12:00 P.M. Hurricane</b></p> <p><b>5:00 P.M. Hurricane</b></p>              | <p><b>8:30 A.M. Hurricane</b></p>   |
| <p><b>Wednesday</b></p>   | <p><b>5 P.M. Speed Strength</b></p>   | <p><b>6:30 A.M. 28 Day Challenge</b></p>  |
| <p><b>Thursday</b></p>  | <p><b>12:00 P.M. Hurricane</b></p> <p><b>5:30 P.M. Hurricane</b></p>              | <p><b>8:30 A.M. Hurricane</b></p>   |
| <p><b>Friday</b></p>  |   | <p><b>6:30 A.M. 28 Day Challenge</b></p>  |
| <p><b>Saturday</b></p>  |   | <p><b>8:30 A.M. Strength</b></p>  |
| <p><b>Sunday</b></p>  |   |   |

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!

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[www.edgevt.com](http://www.edgevt.com) [www.trainingforwarriors.com](http://www.trainingforwarriors.com)

# Training For Warriors (TFW) Class Pricing

## Edge Members

- 28 Day Challenge (Ask about Dates) - \$199
- 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)
- \$139/MONTH

## Edge Non-Members

- PUNCH CARDS
  - 20 CLASSES FOR \$499

