



	<i>Essex Edge Location Basketball Courts 802-879-7734</i>	<i>Williston Edge Location Parisi Speed School 802-488-3278</i>
<i>Monday</i>		6:30am: Total Body Strength Noon: Total Body Strength 5:00pm: Total Body Strength
<i>Tuesday</i>	Noon: Hurricane 5:00pm: Hurricane	8:30am: Hurricane
<i>Wednesday</i>	5:00pm: Speed Strength	6:30am: Hurricane 9am: Speed Strength
<i>Thursday</i>	Noon: Hurricane	8:30am: Hurricane
<i>Friday</i>	5pm: Hurricane	6:30am: Hurricane
<i>Saturday</i>		8:30am: Total Body Strength
Class schedule subject to change		

Class Descriptions

<i>Hurricanes</i>	The Hurricane is TFW's signature workout. The purpose of the Hurricane is to create a disturbance within the metabolic system. These challenging workouts include timed events, circuits, and pyramids, to improve endurance, increase lean muscle tissue, and decrease body fat!
<i>Total Body Strength</i>	Strength Training is the foundation of the TFW system. The purpose of our Strength sessions are to increase your bone density, build strength, and improve mobility / flexibility, & increase lean body mass. With the assistance of Warrior Tracker and our Warrior Challenges, you'll be able to track your progress and work towards your individual goals at every practice!
<i>Speed Strength</i>	Speed Strength Days focus on strength and endurance. This total-body, high rep class helps increase strength of the muscular and cardiovascular system all at once; which is extremely efficient & effective. Sessions consist of dumbbell and barbell complexes, traditional tabatas, & more!

Training Options

**Please note TFW members do not require EDGE memberships*

15 Training Sessions - \$339

**Recommended usage 1-2 sessions per week*

Unlimited Training Sessions - \$189 per month

**Recommended usage 3+ sessions per week*

**Billing information must be left on file*

28 Day Challenge - \$199

**Seasonal program offering*

**Upcoming times TBA*

*For more information or any questions, please contact Casey Lee
at CaseyL@EdgeVT.com or 802-488-3278.*