



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

## *Class Descriptions*

<b><i>Foundations</i></b>	<p><i>TFW Foundations</i> are training sessions geared towards teaching new Warriors about the Training for Warriors program as well as troubleshooting technique and programming questions for our Veteran Warriors.</p> <p><b><i>New students must complete 6 Foundation sessions (3 Strength &amp; 3 Hurricane) before entering other training sessions on the schedule</i></b></p>
<b><i>Hurricanes</i></b>	<p><i>The Hurricane</i> 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!</p>
<b><i>Total Body Strength</i></b>	<p><i>Strength Training</i> 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, &amp; 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!</p>
<b><i>Speed Strength</i></b>	<p><i>Speed Strength</i> sessions 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 &amp; effective. Sessions consist of dumbbell and barbell complexes, traditional tabatas, &amp; more!</p>

## ***Training Options***

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

***Foundational 6- \$99***

*\*New students only\**

***Hurricane Only - \$139 per month***

*\*Only eligible for Hurricane sessions\**

*\*Billing information must be left on file*

***Unlimited Training Sessions - \$189 per month***

*\*Recommended usage 3+ sessions per week*

*\*Billing information must be left on file*

***15 Training Sessions - \$339***

*\*Recommended usage 1-2 sessions per week*

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