



	<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: Strength Foundations Noon: Total Body Strength 5:00pm: Total Body Strength 6:00pm Hurricane Foundations
<i>Tuesday</i>	Noon: Hurricane 5:00pm: Hurricane	8:30am: Hurricane
<i>Wednesday</i>		6:30am: Speed Strength Foundations 9am: Speed Strength 6:00pm: Speed Strength Foundations
<i>Thursday</i>	Noon: Hurricane	8:30am: Hurricane
<i>Friday</i>	5pm: Hurricane	6:30am: Strength Foundations 9am Total Body Strength
<i>Saturday</i>		8:30am: Total Body Strength
<i>**Class schedule subject to change**</i>		

Class Descriptions

<i>Foundations</i>	<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><i>New students must complete 6 Foundation sessions (3 Strength & 3 Hurricane) before entering other training sessions on the schedule</i></p>
<i>Hurricanes</i>	<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>
<i>Total Body Strength</i>	<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, & 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>
<i>Speed Strength</i>	<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 & effective. Sessions consist of dumbbell and barbell complexes, traditional tabatas, & 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.***