

You have a warrior within!

Green Mountain Warrior Conditioning

NEW 10-Week Session Starts

Monday, September 12



Warrior Conditioning is a hybrid fitness class, combining Boot Camp and Obstacle training. It features the cardiovascular, strength, core, speed, and agility of Boot Camp, coupled with the tire dragging and flipping, and power movements associated with obstacle training. Improve your stamina, balance, coordination, endurance, and neuromuscular activation.

Members \$100, Non-Members \$120, Drop-ins \$15/class

SIGN UP NOW!

Don't let your perceived fitness level stop you from giving this a try.

