

WARRIOR

AWAKEN THE WARRIOR

» RPG TRAINING SYSTEMS



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Overview

Awaken the Warrior is an 8-week program for anyone wanting to take control of their health. The program is rooted in the belief that everyone has the capacity to forever change their health and life by tapping into their inner warrior spirit. This program is open to all ages and levels of experience. It will focus on challenging movement, balance, strength and stamina.

Timing

Guided sessions will run 2 days per week with an optional 1 x week self-guided training day for maximum results.

Monday and Wednesday from 6-7:15 am

Pricing

Awaken the Warrior provides clients with:

- 2 x Week Guided training sessions
- 1 x Week Custom Strength Program
- Weekly Meal Plan
- Work Booklet for Goals, Tracking, etc
- Discounted Personal Training Rates
- Unlimited email access

Only **\$26/session**

*Non-Members Price \$35/session

By Appointment Only

☎ **416-898-1275**

