



8 WEEKS TO THE BEAST

WITH COACH TRACY RILEY

**TRI-STATE NEW JERSEY ULTRA AND BEAST WEEKEND 2019
MOUNTAIN CREEK RESORT VERNON, NJ - 4.27.2020**

Contact andy@worcesterfitness.com or Tracy at tracy@worcesterfitness.com with questions.

The team is about to embark on a training mission, and the goal is The New Jersey Beast on April 27th. Our plan is to train together, travel together, and race together in small groups. You'll feel the love throughout the program, and it will culminate with a great day at the beast.

Coach Tracy is skilled at teaching to your specific abilities. Each member of the team will have obstacles and challenges that they excel at and some that are daunting challenges. That's what makes it special, there are ways to do what you're great at, and many ways to work through the challenges and experience tremendous personal growth.

The program starts on Monday February 25th at 530pm and runs to Saturday April 20th 10am. As always, you don't have to participate in the races to be part of the team and do the training.

This is for everyone!

The structure of the program will be:

- Mondays 5:30pm Spartan Strength & Power
- Thursday 6pm Spartan Endurance
- Saturday 10am Spartan Obstacle Training

**\$150/ 10 pack for members and
\$180/ 10 pack for non-members**

For those not currently enrolled in the HD Program for \$50/month for 10 HD/Spartan classes, or \$75/month for unlimited HD/Spartan classes

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