

# THE EDGE C H A L L E N G E 8-WEEK WEIGHT LOSS CHALLENGE

## FALL 2018 MASTER DATES



**Kickoff:** September 17th  
**Finisher:** November 12th

Greenwich, CT  
Milford, CT  
Manchester, CT  
Shelton, CT  
Cherry Hill, NJ



**Kickoff:** September 18th  
**Finisher:** November 13th

Trumbull, CT  
Fairfield, CT  
Norwalk, CT  
Delran, NJ



**Kickoff:** September 19th  
**Finisher:** November 14th

Orange, CT  
Stratford, CT  
Derby, CT  
Washington  
Township, NJ



**Kickoff:** September 20th  
**Finisher:** November 15th

Meriden, CT  
Hamden, CT  
Danbury, CT  
Deptford, NJ

\*Mandatory attendance required at Kickoff & Finisher Parties to win \$5,000 Grand Prize.

## Group Weekly Workouts

Week 1: Saturday, September 22nd  
Week 2: Saturday, September 29th  
Week 3: Saturday, October 6th  
Week 4: Saturday, October 13th

Week 5: Saturday, October 20th  
Week 6: Saturday, October 27th  
Week 7: Saturday, November 3rd  
Week 8: Saturday, November 10th