

Welcome to Warrior Zone!

This booklet serves as a guide
to the gym and local area!

Have a great day!

WARRIOR



About Us

Warrior Zone was founded in 2020 by John and Ashley Holloman. John, a competitor on American Ninja Warrior Season 7, felt that a Ninja Obstacle Training Center was just what Eastern North Carolina needed! Ashley served to bring women in to the mix and show that “Girls Ninja, too!” After 3 years, a global pandemic, and life changes, the Holloman family needed to take a new track in life. So, they found another ninja family, with similar values, to take on the gym.

The current owners, Rick and Jennifer duPont, were gymnastics parents whose daughters became ninjas. The girls trained at their local gym and the adults became involved in the community, when John was looking for new owners to take over. Hence, the current ownership became official in January 2023. Since then, the USA Ninja National governing body has been seated and ninja is really going places as a sport. Warrior Zone strives to train the whole athlete and looks forward to Warrior Zone based ninjas making it to international competitions!

Warrior Zone Staff



Visit Us!



Location

4052 Old Tar Road, Winterville is a recognized location in most GPS services. We are a large building that sits back away from the road with a white picket fence on the road side.

Hours

Staff is usually on the premises at the following times:

Monday - 5:15 - 8:00

Tuesday - 5:15 - 9:00

Wednesday - 5:15 - 8:00

Thursday - 5:15 - 9:00

Friday - 3:00 - 6:00

Saturday - 10:00 - 6:00

Our Offerings

Classes and Open Gym

Want to be an American Ninja Warrior? Our classes start from age 2 and up, including Masters (40+). Open Gym times allow you to practice your skills and have fun doing it! Check out our website for more details.

Group Events

Want to bring your group to take on the course? We offer Team Building events, Group events, Spirit Nights, and 3 types of Birthday Parties. Summer Camps are so much fun for our ninjas aged 5-12!

Competitions

Our gym offers all levels of competition from in-house (beginner level), NCL (state level), and UNAA and FINA (national/international level). We hope to continue to expand our program for more offerings in the future.

Gym Rules

1. Tennis shoes must be worn at all times.
2. No food or drink on the gym floor.
3. No Gum.
4. The Warped Wall is not a slide.
5. Most obstacles are one at a time. Please wait your turn.
6. Do NOT pull anyone up the Warped Wall.
7. No chalk on the Warped Walls.
8. No running under the truss/swing lanes.
9. No rough housing and never push/pull a ninja off of an obstacle.
10. **HAVE FUN!**



Local Area Attractions

Hotels

While there are closer places to stay, we recommend the Convention District or Medical District marked with a * below.

Please do your own research as well!

Country Inn & Suites	3900 S Memorial Dr	252-355-0070
Comfort Inn & Suites	3212 S Memorial Dr	252-227-0928
Baymont	3439 S Memorial Dr	252-364-8980
Holiday Inn Greenville*	203 Greenville Blvd SE	252-355-8300
Best Western Plus Suites	2310 Greenville Blvd NE	252-752-2378
Microtel Inn & Suites/University Med	450 Moye Blvd	252-564-7860
Homewood Suites	420 Moye Blvd	252-751-6150
Hilton*	207 Greenville Blvd SW	252-355-5000
Hampton Inn*	305 Greenville Blvd SE	252-355-7400
Staybridge Suites - Medical Center*	930 Crosswinds St.	252-606-0119
Holiday Inn Express*	909 Moye Blvd	252-754-8300
Red Roof Inn	301 Greenville Blvd SE	252-756-2792
Courtyard*	2225 Stantonsburg Rd	252-329-2900
Hilton Garden Inn	423 Evans Street	252-864-2000
Fairfield Inn & Suites*	908 Moye Blvd	252-353-0606

Local Area Attractions

Restaurants

Locally there are most of the usual fast food restaurants.

We will highlight some of the more locally owned or non-franchise options. Please do your own research as well!

Famiglia	740 W Fire Tower Rd	252-689-6330
Sam Jones BBQ	715 W Fire Tower Rd	252-689-6449
Marabella Pizza Winterville	781 W Fire Tower Rd	252-241-7426
The Biscuit & The Bean* Morning hours only	168 Beacon Dr	252-321-7425
Best Western Plus Suites	2310 Greenville Blvd NE	252-752-2378
Moore's Olde Tyme Barbeque	2043 Central Park Dr	252-353-4227
Meating Ground Cafe	4810 Old Tar Rd	252-751-6742
Cubbie's	600 E Arlington Blvd	252-321-8091
Seared Chophouse	1909 E Fire Tower Rd A	252-756-8199
Eggs Up Grill	1901 E Fire Tower Rd #104	252-632-6757
Hibachi Japan	1885 E Fire Tower Rd #106	252-565-8820
	DOWNTOWN	
Sup Dogs	213 E 5th St	252-752-7682
Cucinella's	214 E 5th St	252-751-0905
The Scullery Coffee House & Creamery	431 Evans St	252-321-1550

Local Area Attractions

Things to do

Please do your own research as well!

North Carolina Museum of Natural Sciences at Greenville and Contentnea Creek	949 Contentnea Ln	252-364-2862
Greenville Museum of Art	802 South Evans St	252-758-1946
Greenville Town Commons	105 E 1st St	252-329-4567
S. Tar River Greenway	Terminus at Town Commons	
Captain Jack's Mini Golf	2903 E 10th St	252-689-6669
River Park North	1000 Mumford Rd	252-329-4560
Sawyer's Fun Park	5120 Corey Rd	252-689-6401
Eastern Carolina Village & Farm Museum Living History Day 5/17	4570 County Home Rd	ecvafm@gmail.com
AMC Fire Tower 12	1685 E Fire Tower Rd	252-353-4991
Bowlero East Carolina	700 Red Banks Rd	252-355-5510
Extravaganza Greenville	714 Greenville Blvd SE (inside Greenville Mall)	252-408-4019
Carolina Ice Zone	104 Red Banks Rd	252-353-8888



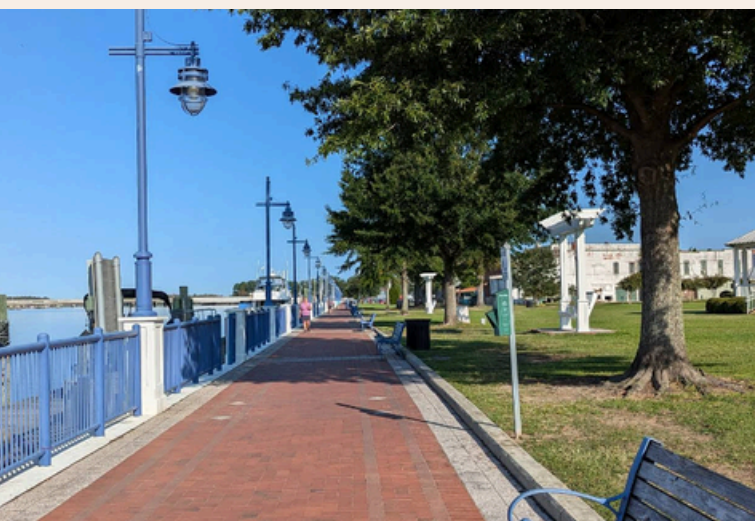
Thank you for visiting with us!

Consider these other destinations within a
2 hour drive from Warrior Zone.

Deadwood

2302 Eds Grocery Rd,
Williamston, NC 27892

**Park with a Western theme & full-
service restaurant plus rides,
games, picnics & a dinner theater.**



Washington Waterfront & Estuarium

223 E Water St.
Washington, NC 27889

**Interactive center exploring river &
estuary environments including an
aquarium & river boat trips.**

Tryon Palace and Historic Downtown New Bern

529 S Front St,
New Bern, NC 28562

**Replica of the 1760s Royal
Governor's mansion, with 16 acres
of gardens, tours & a history center.**



NC Beaches

Atlantic Beach, NC 28512

**Several Public Beach Accesses and
Historic Fort Macon;
NC Aquarium at Pine Knoll Shores**