

Football

In-season and Off-season Performance Enhancement Training

Help improve athletic performance, prevent injuries and promote longevity through
Football-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Improve: 40 - SPEED, STRENGTH and SIZE!!

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-Th / Sat. 10:30 am

Age: 13+ yrs. 6:30-7:30 pm M-Tu-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$180 for 10 sessions

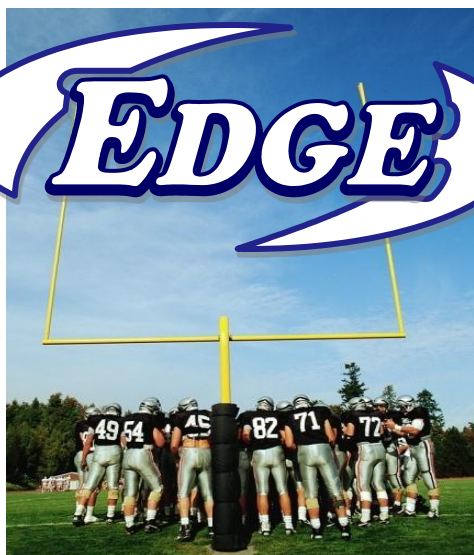
(Save with monthly unlimited packages – see website)

Team Packages

4-12+ Football-Specific sessions (Approx. 1 hour each)

Create your own times and days

Sessions	6-11 ath's	12+ ath's
4	\$60 (\$15/ses.)	\$50 (\$12.50/ses.)
8	\$112 (\$14/ses.)	\$90 (\$11.25/ses.)
12	\$156 (\$13/ses.)	\$120 (\$10/ses.)



Also available:

**1-on-1 training and
Team Mates (2+ athletes)**

Athletes trained by EDGE Sports Fitness speed and strength staff:

Denny Bonewitz

(Strength Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON

Chris Brazzell

(Wide Receiver)

WINNIPEG BLUE BOMBERS (CFL)
DALLAS COWBOYS (NFL)
SAN ANGELO STATE

Markese Fitzgerald

(Defensive Back)

WINNIPEG BLUE BOMBERS (CFL)
DALLAS COWBOYS (NFL)
TAMPA BAY BUCCANEERS (NFL)
UNIVERSITY OF MIAMI

To register call (940) 391-3711

www.EdgeSportsFitness.com

21477 N. Western Ave., Edmond, OK 73012 (Next to E.C.A)

