

# Group Fitness

## Adult Fitness Training

(60 minute class featuring : Warm ups / Muscle toning / Stretching)



### Fitness Class / BOOT CAMP

Get Fit in record time!

Times: M. thru Th. & Sa. from 9:30 -10:30 am\*

AND...

M. thru Th. evenings from 6:30 – 7:30 pm\*

Rates: 10 session Punch card = \$165 or \$200/month unlimited

- **Lose weight**
- **Tone & Firm**
- **Increase Energy**

**Wanna  
new  
SIZE?!**



### Also available...

Team Mates (2-4 adults)

1-on-1 Coaching (Personal fitness)

Nutritional Guidance / Weight Management

Train with professional strength and speed coaches  
Obstacle courses / Power circuit training / Agility drills  
Train like an athlete and get fit in record time!  
Functional training / Pre- and Post- testing



**Denny Bonewitz**  
(Speed / Strength Coach)

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

\* Sessions subject to available times • Nutritional guidance • Refer a friend and receive \$15 off (No limit!) • Pre- and Post- testing

**(940) 391-3711** [www.EdgeSportsFitness.com](http://www.EdgeSportsFitness.com)

331 Golden Triangle Blvd., Keller, TX 76248 (Inside Blue Sky Sports Center)