



Year-round Group Training Schedule

For more information, please visit our website:

www.EdgeSportsFitness.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes	Individuals can join <u>Group Training</u> at anytime Call to schedule 1-on-1's, TeamMates & Team training					
6 - 7:00 am	Adult Fitness (PhyzED)		Adult Fitness (PhyzED)			
9 - 10:00 am		Adult Fitness (Edge & PhyzEd)		Adult Fitness (Edge & PhyzEd)		Adult Fitness (Edge & PhyzEd)
10:30 - 11:30 am						Speed - Agility Ages 10 and up
4:30 - 5:30 pm	Youth Fitness Ages 10-14		Youth Fitness Ages 10-14			
5:30 - 6:30 pm	Speed - Agility Ages 8-12	Speed - Agility Ages 8-12		Speed - Agility Ages 8-12		
6:30 - 7:30 pm	Speed - Agility Ages 13+	Speed - Agility Ages 13+		Speed - Agility Ages 13+		
6:30 - 7:30 pm	Adult Fitness (Edge)	Adult Fitness (Edge)		Adult Fitness (Edge)		
Also available:	Team Mates (2+ participants) & 1-on-1's (30 or 60 mins.)		Try <u>Team Mates</u> 30 minutes before or after a group training session		All 1-on-1 (personal training), Team Mate and Team training can be scheduled at any time or frequency	

Located at: 21477 N. Western Ave., Edmond, OK 73034 (Next to E.C.A.)

Year-round: Speed-Agility Training & Adult Fitness

\$20/session or \$180 for 10 sessions - must be pre-registered

\$100 - \$150/month for unlimited sessions (see website for monthly savings on auto draft!)

Choose your program: 1-on-1, Team Mates, Small group or Team Training (Multiple Team discounts!)

Ask about our Health & Wellness and Sports Performance supplements

To schedule a session please call (940) 391-3711