



Year-round Group Training Schedule

For more information, please visit our website:

www.EdgeSportsFitness.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes	Call to	reserve a time	for 1-on-1,	Team Mate, or	Team Training	
						Must be pre-registered!
9:30 - 10:30 am						9:30 - 10:30 am Adult Fitness
10:30 - 11:30 am						10:30 - 11:30 am Speed - Agility
PM Classes						Ages 10 and up
5:30 - 6:30 pm	Speed - Agility Ages 8-12	Speed - Agility Ages 8-12		Speed - Agility Ages 8-12		Must be pre-registered!
6:30 - 7:30 pm	Speed - Agility Ages 13+	Speed - Agility Ages 13+		Speed - Agility Ages 13+		
6:30 - 7:30 pm	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)		Adult Fitness (Boot Camp)		
Also available:	Team Mates (3+ 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: 418 Enterprise Dr., Edmond OK, 73013 (Inside LEGACY Sports Academy)

Year-round: Speed-Agility Training & Adult Fitness

\$20/session or \$165 for 10 sessions

\$200/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 muscle management and sport performance supplements

To schedule a session please call 940-391-3711