



# Year-round Group Training Schedule

For more information, please visit our website:

[www.EdgeSportsFitness.com](http://www.EdgeSportsFitness.com)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>	Reserved for Team, Team Mate training and 1-on-1 personal coaching (Call to book times!)					
Personal Fitness (call to book a time!)	Reserved for	Team Mates	and Small Group	Training		Must be pre-registered!
<b>Team Mate Training</b>	Reserved for Team, Team Mate training and 1-on-1 personal coaching (Call to book any times you want!)					
	Reserved for	Team Mates	and Small Group	Training		10:30 - 11:30 am Speed - Agility
<b>PM Classes</b>	Reserved for Team, Team Mate training and 1-on-1 personal coaching (Call to book any times you want!)					
5:30 - 6:30 pm	Speed - Agility Ages 8-12	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+	Speed - Agility Ages 13+		
6:30 - 7:30 pm	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)		
<b>Also available:</b>	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: 3575 Thompson Rd., Keller, TX 76244 (Ste. "A" - Inside Rising Stars Sport 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**