

Fitness Circuit Training

30 min. class / instructor guided

Improve toning, firming and conditioning! For beginners to advanced fitness levels.
Great way to support, supplement, or BOOST your normal fitness routine!

Scheduled times:

8:30 & 9 AM (M & W)

5, 5:30, 6, & 6:30 PM (M-Tu-W-Th)

**\$45 per month unlimited circuit sessions that start from the day you join.
Your instructor will guide you through the exercises daily.**

**Come as often as you'd like! You choose the intensity level.
Each session will focus on different muscle groups. New routines each day!**

Pre-register your days/times to help us secure your spot: Call 940.391.3711



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EdgeSportsFitness.com