



Year-Round Group Training Schedule

www.EdgeSportsFitness.com / Call (940) 391-3711

Must be pre-registered for group classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CROSS TRAINING (Adult Fitness)	6-7 PM	8:30-9:30 AM 6-7 PM	6-7 PM	8:30-9:30 AM 6-7 PM	Earlier times available... sign up at front desk!	10:30-11:30 AM (Yoga 11:30-12)
SPEED-AGILITY (Ages 8-12)	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM		
SPEED-AGILITY (Ages 13+)	6-7:30 PM	6-7:30 PM (Yoga 7-7:30)	6-7:30 PM	6-7:30 PM		10:30-11:30 AM (Ages 10+)
OPEN GYM (\$25/Mo.)	Available with scheduled training classes	Available with scheduled training classes	Available with scheduled training classes	Available with scheduled training classes	Available with scheduled training classes	Available with scheduled training classes

By-the-session: \$20/session or \$185 for 10 sessions (All sessions have a 2 month time limit)

SAVE with Auto Draft! UNLIMITED SESSIONS: 12 mo. @ \$75 mo. / 6 mo. @ \$100 mo. / 3 mo. @ \$125 mo. / 1 mo. @ \$150 mo.

Also available... Private customized training: 24/7 by appointment / 30 & 60 minute

1-on-1 Training	PRIVATE: Individualized for any time and/or frequency you want!
Team Mates (2+)	Semi Private: Bring a buddy and \$ave!!
Team Training	In-season/off-season sports specific training! (Multiple team discounts)
Combo Package	For ULTIMATE RESULTS... Combine a Private Session with our Group Training Class!

Sports Performance & Health and Wellness supplements available / Ask about our training & supplement combo packs

2 locations: EDGE SPORTS FITNESS / 13816 Santa Fe Crossing Dr., Edmond, OK 73013 (Just north of Kilpatrick Turnpike)

AND... Oklahoma Christian Academy: OCA gym Athletic Ctr., 1415 E. 9th Street, Edmond, OK 73034