



Class Schedule October 2019

Monday: EDGEPowerBox 4:00 pm w/Courtney

Wednesday: EDGEFitBox 5:30 pm w/Kim

***Friday: EDGEFitBox 4:15 pm w/Dominick (no class 10/18)**



EDGEFitBox 5:30 pm w/Dominick (no class 10/18)

EDGEBeatBox After Dark 7:00 pm 10/18 only

Saturday: EDGEPowerBox 8:00 am w/Courtney

EDGE Boxing Class Pricing

\$15/class EDGE Member

\$20/class EDGE Guest

\$72/5 classes (EDGE member) \$90/5 classes (EDGE guest)

\$150/11 classes (EDGE member) \$190/11 (EDGE guest)

Intro package (available one time only)

\$30/3 classes EDGE Member

\$45/3 classes EDGE Guest

Space is limited; sign-ups required for all classes. Signups for classes start 4 days prior at 11:00 am. Cancellations of less than 24 hours notice will be charged. Class may be cancelled if 3 or less are signed up 24 hours before class. Classes held at our West Twin Oaks Terrace location.

****Please join us Friday October 18 for a special night of EDGEBOXING!***

FREE demos of EDGEFitBox 5-5:30 pm and EDGEPowerBox 5:45 – 6:15 pm

EDGEBeatBox After Dark (regular rates apply) \$

Pre-registration required for demo classes starts 10/11

BOXING IS FOR EVERYONE!

EDGEFitBox: 3 minute rounds of authentic boxing hitting the bag combining proper boxing technique with intervals of cardiovascular, strength, core and/or defensive work. Learn the basics using a progressive approach throughout the workout. This class is appropriate for all fitness levels and for boxing beginners as well as those with boxing and or heavy bag experience. Class is 55 minutes and includes core work and a stretch.

EDGEPowerBox: During this 55 minute class it is you vs. the bag. Intense boxing combinations with dynamic movements for a focus on developing reflexes, timing, agility, power and speed.

Why box?

Boxing is a perfect combination of strength training and cardio. You will also work on your balance, coordination, reflexes, and agility. Boxing is a full body workout – you will work your hips, legs, shoulders, back, core, and more! Muscular endurance, lower resting heart rate, decreased stress, and improved body composition, are also benefits of boxing workouts.

It looks hard...do I need to be fit already? Do I need boxing experience?

Our bag classes are designed for all fitness levels and for the boxing novice as well as someone with experience. It will be challenging but you can choose to take the options given to increase or decrease the intensity of your training session to challenge you where you are in your fitness journey.

What do I need?

Gloves are provided. You will need your own hand wraps (180" is recommended– you can purchase these at the front desk.)

Bring water and a sweat towel (you will sweat!).

EDGEBeatBox After Dark

Join us for this exciting experience! Straight out of the night club and into THE EDGE! You vs. the heavy bag in this 55 minute workout with hard hitting beats and flashing lights. Boxing combinations choreographed to old school music pumping through the speakers. You do not want to miss it! Space is limited - sign ups start Friday 10/11 at 11:00 am payment due when registering for class.



Questions? Email king@edgevt.com or micheller@edgevt.com