



February 2020

Monday:	4:00 pm EDGEPowerBox w/Courtney
Wednesday:	4:00 pm <u>EDGECircuitBox w/Kim</u> (2/12 only) 5:30 pm EDGEFitBox w/Kim
Friday:	5:15 pm <u>EDGEBoxingBasics</u> (02/07 only) 5:30 pm <u>EDGECircuitBox w/Kim</u> (2/21 only)
Saturday:	8:00 am EDGEPowerBox 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 regular classes start 4 days prior at 11:00 am. Cancellations of less than 24 hour 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.

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.

EDGECircuitBox

Want to try something new? This is a circuit training style class incorporating strength training, boxing, cardio and core along with kicks, knees &/or elbow strikes. This great training for anyone – no boxing or kickboxing experience is necessary. Class is appropriate for all fitness levels and abilities. Break out of your training rut and try something completely out of the box! Space is limited to 10 participants and signups are required; regular class rates apply.

***FREE EDGEBOXING BASICS**

In this 45 min class learn how to wrap your hands, basic stance and punches. We will practice hitting the bag followed by a short class demo. The different class formats will be explained.

Sign-ups start 1 week before class.

We have a limited supply of wraps available for this class. Wraps are available for purchase at the front desk. We provide boxing gloves.

This class is FREE and open to members and non-members.

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!).



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