



EDGE Team Training

Small Group Training Options Sept 8 - 30

	Williston Field House	
M	5:30pm EDGE FitBOX	Kim
Tu	8:30am EDGE Sprint	Dustin
	9:45am EDGE FitBOX	Kim
	*5:30pm EDGE Fit Fusion	Dominick
W	*8:30am EDGE TRX Total Body	Caitlin
Th	8:30am EDGE Sprint	Dustin
F	*9:30am EDGE Fit Fusion	Dominick
Sa	9:15am EDGE PowerBOX	Kim
	10:30am EDGE PowerBOX	Kim
Su	*10:30am EDGE TRX Total Body	Caitlin

Sessions \$15 for members \$20 nonmembers

Purchase 10 sessions and get one free! Sessions can be redeemed for any EDGE Team Training program.

Payment due at time of booking

Registration required for all sessions. You can sign up beginning at 11:00 am 3 days in advance online at www.edgevt.com or by phone.

Cancellations of less than 2 hours' notice will be charged.

***FREE DEMO sessions week of September 7th.**

**Classes start week of September 14th. Signups required for demos.
Schedule as follows:**

9/8 EDGE Fit Fusion 5:30pm & 6:00pm

9/9 EDGE TRX Total Body 8:30am & 9:00am

9/11 EDGE Fit Fusion 9:30am & 10:00am

9/13 EDGE TRX Total Body 10:30am & 11:00am

Kim Graham king@edgevt.com

Michelle Rivard micheller@edgevt.com