



## EDGE Team Training

### Small Group Training Options March 2021

<b>M</b>	5:30am FitForce Bootcamp (Essex Gym)	Brian
	5:30pm FitBOX (Williston Field House)	Kim
<b>Tu</b>	8:30am Speed (Williston Field House)	Dustin
	10:15am FitBOX (Williston Field House)	Kim
<b>W</b>	5:30am FitForce Bootcamp (Essex Gym)	Brian
<b>Th</b>	8:30am Speed (Williston Field House)	Dustin
<b>F</b>	5:30am FitForce Bootcamp (Essex Gym)	Brian
<b>Sa</b>	8:00am <b>BoxingBasics</b> (FREE 45 min intro class) <b>3/20</b>	Kim
	9:00am EDGE PowerBOX (Williston Field House)	Kim
	10:15am EDGE PowerBOX (Williston Field House)	Kim
<b>Su</b>		

**Sessions \$15 for members; \$20 nonmembers**  
**Purchase 10 sessions and get one free!**  
**Sessions can be redeemed for any EDGE Team Training program.**

Registration required for all sessions. You can sign up beginning at  
 11:00 am 3 days in advance online at [www.edgevt.com](http://www.edgevt.com) or by phone. Payment required at time of booking.

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

#### **\*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.

Class is Saturday 3/20 at 8:00 am. Sign-ups start 3/13.

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.

## Descriptions:

**TRX Total Body:** In this class you will use the TRX suspension trainer for a total body, core-focused workout. You will work through a progression of foundational exercises - plank, push, pull, hinge, lunge, squat, and rotate - to improve mobility, endurance, and strength. **Returning in April!**

**SPEED:** Push your fitness to a different level. Focus in this class is on speed, agility, and strength through interval training. On Tuesdays we practice sprinting, how to sprint, as well as reaping the cardiovascular benefits from it. On Thursdays we do interval weight training with either dumbbells or kettlebells, as well as various bodyweight challenges.

**FitBOX:** An authentic boxing workout combining proper boxing technique with intervals of cardiovascular work and recovery. Learn the basic punches and defensive moves using a progressive approach throughout the workout - bouts of hitting the heavy bag with rounds of conditioning and cardio to keep the heart pumping. This class is appropriate for all fitness levels and for boxing beginners as well as those with experience. Participants must bring their own wraps & boxing gloves.

**PowerBOX:** This 55 min class is you vs. the bag! Intense, simple boxing combinations with dynamic movements for a focus on developing reflexes, timing, agility, power, and speed. Participants must bring their own wraps & boxing gloves.

**\*EDGE FIT-FORCE BOOT CAMP: with Master Trainer/Coach, Brian Rich**

**Transform your body and mind to a higher level of fitness, health, and mental well-being.**

**GET RESULTS** by meeting with your coach three day per week (Mon, Wed, and Fri @ 5:30 am). Your training will be progressive and goal oriented. Starting with the basics and progressing into more advanced and challenging training as your fitness and mental focus improves.

You will receive intense, progressive, results driven training; assessments before and after consisting of: # of pushups in a minute, sit-ups in a minute, sit and reach, weight and body fat % plus support of your fellow boot campers and the unparalleled expertise of master trainer Brian Rich.

Maximum number of recruits is 10. Space is limited and payment is due at time of registration.

**Next session starts April 26<sup>th</sup>; registration opens April 16<sup>th</sup>.**