



Cutting EDGE Strength and Conditioning

Spring Training Schedule

Spring Session I: May 1st - May 27th

Spring Session II: May 29th - June 24th

Time	Monday	Tuesday	Wednesday	Thursday
4:00pm	Conditioning (60-Min)	Game Play (45-Min)	Conditioning (60-Min)	Game Play (45-Min)
5:00pm	Strength (60-Min)		Strength (60-Min)	Conditioning (60-Min)

Summer Training Schedule

Summer Session I: June 26th - July 22nd

Summer Session II: July 24th - August 19th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15am		Game Play (45-Min)		Game Play (45-Min)	
10:00am	Conditioning (60-Min)		Conditioning (60-Min)		
11:00am	Strength (60-Min)		Strength (60-Min)		Conditioning (60-Min)

How to Get Started

1. Complete Our EDGE SmartWaiver → [Play Smart Play Safe](#)
2. Schedule a Pre-Assessment with a Coach → Email personaltraining@edgevt.com
3. Hit the Ground Running!