



August 15-31 2020

Monday 5:30 pm EDGEFitBox w/Kim

Saturday 9:00 am EDGEPowerBox w/Kim

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

Bring your own wraps, gloves, water, towel, and mat.

Sign-ups required for all classes. Signups for regular classes start 4 days prior at 11:00 am.

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

Classes held in the Williston Field House.

**One-on-one boxing training also available. For more information contact
king@edgevt.com.**

For the health and safety of our participants and in accordance with CDC guidelines for social distancing class is currently limited to 4 participants.

EDGEFitBox: 3 minute rounds of authentic boxing hitting the bag combining proper boxing technique with intervals of cardiovascular, strength, and core work. Learn combinations and defensive moves using a progressive approach throughout the workout. This class is appropriate for all fitness levels and 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. 90 second intervals of work followed by 30 seconds of recovery so that you can push your heart rate, fitness, and boxing to the next level.

***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.

EDGEBoxingBasics is not offered at this time. If you are new to boxing and would like more information on classes or how to get started, please email kimg@edgevt.com.

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 boxing fitness journey.



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