



EDGE Team Training

Small Group Training Options Sept 8 - 30

	Williston Field House	
M	5:30pm EDGE FitBOX	Kim
Tu	8:30am EDGE Speed	Dustin
	9:45am EDGE FitBOX	Kim
	*5:30pm EDGE Fit Fusion	Dominick
W	*8:30am EDGE TRX Total Body	Caitlin
Th	8:30am EDGE Speed	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.

Registration required for all sessions.

Registration opens @ 11:00 am 3 days in advance online at www.edgevt.com or by phone.

Payment due at time of booking. 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.
Demo Schedule:**

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

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