



## EDGE Team Training

### Small Group Training Options October 2020

	Williston Field House	
M	5:30pm EDGE FitBOX	Kim
Tu	8:30am EDGE Speed	Dustin
	9:45am EDGE FitBOX	Kim
W	5:30am EDGE Bootcamp	Brian
	8:30am EDGE TRX Total Body	Caitlin
Th	8:30am EDGE Speed	Dustin
F	5:30am EDGE Bootcamp	Brian
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. 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.

**For more information or questions**

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## **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.

**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.

**Bootcamp:** Get ready for an early morning strength and cardio workout that's intense and fun! Equipment will be minimal and options will be given for all fitness levels.

**Fit Box:** 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.

**Power Box:** 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.

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