



EDGE Team Training

Small Group Training Options July 2021

M	5:30am FitForce Bootcamp (Essex Gym)	Brian
	5:30pm FitBOX (Williston Field House)	Kim
Tu	8:30am Speed (Williston Field House)	Dustin
W	5:30am FitForce Bootcamp (Essex Gym)	Brian
	9:00am TRX Total Body (W. Twin Oaks Terr)	Linda
Th	8:30am Speed (Williston Field House)	Dustin
	9:00am EDGE PowerBOX (Williston Field House)	Kim
F	5:30am FitForce Bootcamp (Essex Gym)	Brian
Sa	9:00am EDGE PowerBOX (Williston Field House)	Kim
	10:15am EDGE PowerBOX (Williston Field House)	Kim
Su		

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 or by phone.

Payment required at time of booking.

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

For more information or questions

Contact Kim Graham kimg@edgevt.com or Michelle Rivard micheller@edgevt.com

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Michelle Rivard micheller@edgevt.com

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.

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.

EDGE FIT-FORCE BOOT CAMP with Master Trainer/Coach, Brian Rich is a three sessions per week results orientated training program drawing from HIIT, resistance training, and traditional military bootcamp exercises, blended into a balanced hour of intense and fun training. Get strong, lose excess body fat, and become very fit.

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