

COME JOIN US

Edge Adult Group Training classes are suitable for people of all levels. Whether your goals are to get strong, improve your body composition, or just maintain a healthy lifestyle, we can help you get there! We utilize a wide range of equipment to provide you with a well-rounded functional strength training regimen.

CLASS TIMES

Monday 600-700pm

Wednesdays 600-700pm

Thursdays 600-700pm

Saturdays 10-11am



EDGE ADULT TRAINING

**2 WEEKS
FOR \$25**

Call/Text Karina (502) 807-5119