



Class Schedule March 18 – March 31

Monday EDGEPowerBox 4:00 pm w/Courtney

Wednesday EDGEBeatBox 8:30 am w/Courtney

Thursday EDGEFitBox 12:00 pm w/Kim

Saturday EDGEPowerBox 8:00 am w/Courtney

EDGE Boxing Class Pricing

\$15/class EDGE Member

\$20/class EDGE Guest

Purchase 10 classes receive 1 free! (Must purchase all 10 at once)

Intro package (available one time only)

\$30/3 classes EDGE Member

\$45/3 classes EDGE Guest

Space is limited; sign-ups required. Signups for classes are 4 days prior.

Classes held at our West Twin Oaks Terrace location.



EDGEFitBox: Boxing for everyone! Authentic boxing workout combining proper boxing technique with intervals of cardiovascular work. Learn the basic punches and defensive moves using a progressive approach throughout the workout -bouts of work hitting the heavy bag with rounds of cardio to keep the heart pumping! This class is appropriate for all fitness levels and for boxing beginners as well as those with boxing and or heavy bag experience. Class is 45 minutes.

EDGEBeatBox: This 55 min class uses the music to drive the workout and the combinations. Choreographed to the music during this training session you can expect an onslaught of punch combinations mixed with cardio and/or strength intervals. Class finishes with core work and a cool down.

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.

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.

What do I need?

Gloves are provided. You will need to purchase hand wraps – we have these for sale at the front desk or you can purchase before coming to the club.

Bring water and a sweat towel (you will sweat!).

Do I need to have any experience?

No - all classes are appropriate for everyone!

Demo Day Saturday March 16th from 12:30 – 2:30 pm

We will offer 4 30 min sessions

Learn how to wrap your hands and some basic punches followed by a short 10 – 15 min session on the bag. Space is limited. Sign up for these sessions beginning 3/9.

