

# The Edge Gym and Fitness Center

## - What's Happenin' -

The Edge would like to take this opportunity with our bi-monthly newsletter to welcome all new members to the area's # 1 fitness center, and to say hello to our valued and existing ones.

Shaken or Stirred? - A new year is upon us and with summer fast approaching we are all concerned with looking our best when we hit the beach. To help you succeed in reaching your goals, the Edge has brought in a new line of protein powders and weight training supplements that are currently 20% off, so make sure you get them while you can.

Training, Anyone? – We would also like to introduce a new member of our team you will be seeing on the floor, certified personal trainer Joshua Tenner. He has six years of training experience to help you get in the best shape of your life. Make it a point to set up a session with him, you'll be glad you did! Our other personal trainers and nutrition experts are also on hand for hire, or for advice, so don't be shy.

Ask and You Shall Receive... - In March, we will be starting construction to expand our facility to better serve you. Once done, there will be several more cardio machines, so there will be no more waiting, and no more excuses! We are also adding saunas to the men and women's locker rooms, a racquetball court, and a private room for on-site massage therapy. We are very excited for these additions and hope you are too!

Pump it Up! – Our aerobics, spinning, virtual cardio classes and yoga/pilates classes are setting up new times and adding more classes for your convenience. Schedules are available at the front desk if you are interested in taking a class. They are a lot of fun and produce great results so don't knock it 'til you try it!

If there is a need or question you have, please tell someone on our staff and we will see to it that need is met or that question is answered. We wish you the best in your fitness goals and are with you all the way. Kudos to your success!

The Staff of The Edge