

THE EDGE Program Schedule - Summer 2010



Strength & Conditioning Programs (6/14 - 8/21/10)

PROGRAM	LOCATION	SCHEDULE						
High School Level 1 (age 13-18)	Park Center, Glenview	Mondays 4-5:30 pm	Tuesdays 4-5:30 pm	Wednesdays 6-7:30 pm	Thursdays 4:30-6 pm	Saturdays 11:15-12:45 pm		
High School Level 2 (age 13-18)	Park Center, Glenview	Mondays 4:30-6 pm	Tuesdays 4:30-6 pm	Wednesdays 4:30-6 pm	Thursdays 4-5:30 pm	Saturdays 11:30-1 pm		
Adult Level 1 (ages 23+)	Park Center, Glenview	Mondays 6-7:30 pm	Tuesdays 10:30-12 pm	Tuesdays 7-8:30 pm	Wednesdays 7:30-9 am	Thursdays 7:30-9 am	Saturdays 10:45-12:15 pm	
Adult Level 2 (ages 23+)	Park Center, Glenview	Mondays 7:30-9 am	Mondays 5:30-7 pm	Tuesdays 7:30-9 am	Tuesdays 9:30-11 am	Tuesdays 5:30-7 pm	Thursdays 7:30-9:00 am	Thursdays 9:30-11 am
		Thursdays 11-12:30 pm	Thursdays 5:30-7 pm	Fridays 7-8:30 am	Saturdays 8:15-9:45 am	Saturdays 9:45-11:15 am		
Adult Level 3 (ages 23+)	Park Center, Glenview	Tuesdays 9-10:30 am	Tuesdays 11:30-1 pm	Wednesdays 7-8:30 am	Thursdays 9-10:30 am	Thursdays 6-7:30 pm	Fridays 7:30-9:00 am	Fridays 11:30-1 pm
		Saturdays 8-9:30 am						

Metabolic Training for Incredible Fat Loss

GROUP	LOCATION	SESSION A (6/14-7/10)			LOCATION	SESSION B (7/19-8/14)		
Metabolic Group A	Park Center, Glenview	Mondays 9-10 am	Wednesdays 9-10 am	Fridays 9-10 am	Park Center, Glenview	Mondays 9-10 am	Wednesdays 9-10 am	Fridays 9-10 am
Metabolic Group B	Park Center, Glenview	Mondays 9:30-10:30 am	Wednesdays 9:30-10:30 am	Fridays 9:30-10:30 am	Park Center, Glenview	Mondays 9:30-10:30 am	Wednesdays 9:30-10:30 am	Fridays 9:30-10:30 am
Metabolic Group C	Park Center, Glenview	Mondays 10-11 am	Wednesdays 10-11 am	Fridays 10-11 am	Park Center, Glenview	Mondays 10-11 am	Wednesdays 10-11 am	Fridays 10-11 am
Metabolic Group D	Park Center, Glenview	Mondays 10:30-11:30 am	Wednesdays 10:30-11:30 am	Fridays 10:30-11:30 am	Park Center, Glenview	Mondays 10:30-11:30 am	Wednesdays 10:30-11:30 am	Fridays 10:30-11:30 am
Metabolic Group E	Park Center, Glenview	Mondays 12:30-1:30 pm	Wednesdays 12:30-1:30 pm	Fridays 12:30-1:30 pm	Park Center, Glenview	Mondays 12:30-1:30 pm	Wednesdays 12:30-1:30 pm	Fridays 12:30-1:30 pm
Metabolic Group F	Park Center, Glenview	Tuesdays 8:30-9:30 am	Thursdays 8:30-9:30 am	Saturdays 9:30-10:30 am	Park Center, Glenview	Tuesdays 8:30-9:30 am	Thursdays 8:30-9:30 am	Saturdays 9:30-10:30 am
Metabolic Group G	Park Center, Glenview	Tuesdays 9-10 am	Thursdays 9-10 am	Saturdays 9-10 am	Park Center, Glenview	Tuesdays 9-10 am	Thursdays 9-10 am	Saturdays 9-10 am
Metabolic Group H	Park Center, Glenview	Tuesdays 5:30-6:30 pm	Thursdays 5:30-6:30 pm	Saturdays 8-9 am	Park Center, Glenview	Tuesdays 5:30-6:30 pm	Thursdays 5:30-6:30 pm	Saturdays 8-9 am
Metabolic Group I	Park Center, Glenview	Tuesdays 6:30-7:30 pm	Thursdays 6:30-7:30 pm	Saturdays 10-11 am	Park Center, Glenview	Tuesdays 6:30-7:30 pm	Thursdays 6:30-7:30 pm	Saturdays 10-11 am
Metabolic Group J					Park Center, Glenview	Mondays 5:30-6:30 pm	Wednesdays 5:30-6:30 pm	Fridays 5:30-6:30 pm
Metabolic Group K					Park Center, Glenview	Mondays 6:30-7:30 pm	Wednesdays 6:30-7:30 pm	Fridays 6:30-7:30 pm
GROUP	LOCATION	SESSION A (6/14-7/10)			LOCATION	SESSION B (7/19-8/14)		
Metabolic Group AA	Strike Zone, Northfield	Mondays 6:30-7:30 am	Wednesdays 6:30-7:30 am	Fridays 6:30-7:30 am	Strike Zone, Northfield	Mondays 6:30-7:30 am	Wednesdays 6:30-7:30 am	Fridays 6:30-7:30 am
Metabolic Group BB	Strike Zone, Northfield	Mondays 8-9 am	Wednesdays 8-9 am	Fridays 8-9 am	Strike Zone, Northfield	Mondays 8-9 am	Wednesdays 8-9 am	Fridays 8-9 am
Metabolic Group CC	Strike Zone, Northfield	Mondays 9-10 am	Wednesdays 9-10 am	Fridays 9-10 am	Strike Zone, Northfield	Mondays 9-10 am	Wednesdays 9-10 am	Fridays 9-10 am
Metabolic Group DD	Strike Zone, Northfield	Mondays 7:30-8:30 am	Wednesdays 7:30-8:30 am	Fridays 7:30-8:30 am	Strike Zone, Northfield	Mondays 7:30-8:30 am	Wednesdays 7:30-8:30 am	Fridays 7:30-8:30 am

Registration for all programs starts May 18 at 9am.

To register for any EDGE program, please visit www.abetterwaytotrain.com