



Edge Fitness Center

2217 Commerce Road
Forest Hill, MD. 21050
410-893-4153
www.edgefitnesscenter.net

A.M. INTERVALS

Class structure:

45 minutes of low to moderate intensity exercise, with a concentration on interval training. By alternating short bursts of moderate – high exercise with periods of near or complete rest you can enhance performance, improve cardiovascular fitness & accelerate weight loss. Intervals do this by raising the body's potential to burn fat.

Wednesday 10:30 A.M. (*Barb Maiolatesi, CPT, LWMC*)

Classes are free for all members



On location for all your sports medicine and orthopedic care.