



***Edge Fitness Center***

2217 Commerce Road  
Forest Hill, MD. 21050  
410-893-4153  
[www.edgefitnesscenter.net](http://www.edgefitnesscenter.net)

# LUNCH BREAK

**Class structure:**

45 minutes of low to moderate intensity exercise, including cardiovascular, strength, flexibility and core.

Classes include healthy snacks, fitness and nutrition tips!

**Monday 12:30 P.M. (*Barb Maiolatesi, CPT, LWMC*)**

**Classes are free for members**



*On location for all your sports medicine and orthopedic care.*