

8/24/16 – The Edge Fitness Clubs

One of the most recent additions to our gym scene here in Danbury is The Edge Fitness Clubs. Right on Newtown Road, The Edge has virtually anything you'd want to see at a gym- and then some!

Signing up for the studio membership grants unlimited access to the machines, weights and sprint lanes PLUS unlimited fit & studio classes. This includes yoga, spinning, pilates, zumba, barre and so much more!

The Edge also has a room for women's only access and a space dedicated to personal training. Personal Training packages come with access to even more group classes called Edge Strong. These team-focused workouts take your personal strength and conditioning to a whole new level.

When you've finished your workout, get your protein fix at the juice bar or let off some steam in the sauna. Get that summer glow year-round in a tanning booth, or hit the massage chair for much needed relaxation. And when you really fall in love with this place, you can get all the gear you need in the Edge gift shop.

If getting to the gym for you is a struggle, maybe the movie theater will motivate you. That's right, the Edge has a movie theater! But instead of sitting to watch, you can hop on any cardio machine and start moving. Perfect for those days when you forget your headphones!

Another unique aspect of this gym is Edge Kids, a part of the gym just for your children. While you work out, the kids can play in an exciting and safe environment with caring supervision.

If you are looking to get an EDGE in life, visit the website:
www.theedgefitnessclubs.com/best-ct-gym/health-club-danbury

THE
EDGE
FITNESS CLUBS

