

New Member Welcome Info



You have questions, we have answers.

It's my first day, what can I expect?

Please arrive on time for your training session. Your trainer will meet you in the warm-up area as soon as they are available. Please remind your trainer if there is any information that you feel is necessary to safely execute your training for the day (i.e. pregnancy, injuries, poor sleep).

Where can I put my stuff?

We have full locker rooms with lockers (with built in locks) that are available during your session. Instructions for use can be found in the locker room or you can ask a staff member for a quick tutorial. We also have shoe racks in the warm-up area if you want to keep a clean pair of shoes here too!

Can I clean up after I get my sweat on?

Yes! We have showers for your use that are stocked with shampoo, conditioner, body wash and towels so that you can smell fresh as a daisy as you get on with your day.

What should I bring to my first training session?

Bring your training gear and be ready to move! We provide towels and water fountains, however please bring your own water bottle to fill up at the gym if you prefer. We also have a refrigerator that offers water and gatorade for sale for your convenience.

Something came up, can I reschedule my session?

Absolutely! If you know you cannot make your training session, please do so on the website under the "Reschedule" section. We are happy to reschedule you for another time wherever there is availability.

Can I workout on my own at The Edge?

As long as you have an active training package, you are welcome and encouraged to workout on your off days during our operating hours.