

Bring Your potential... Let us help you develop it!



Learn how to train for health, fitness and strength

There's A Difference Between Training And Exercising—Even For General Fitness

Adult Fitness Promo

- Free Evaluation - \$85 value
- Free Training Session with purchase of program
- RESULTS from your training!

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Performance Edge is serious about training....your training! We want to equip you with the knowledge to get the most out of your training so you get the results you're looking for. Our professional strength coaches blend science and innovation to deliver quality training and coaching – helping you reach your goals..... whether that be in your game or your life.

Our customized training programs are tailored to meet your individual needs -- whether you are a competitive or recreational athlete, a health and fitness enthusiast, or someone just looking to get into shape. Each training program will be customized based on an individual functional movement screen test and a fitness evaluation. Your training program will include strength training, plyometric, core, balance, stretching and injury preventive protocols.



PERFORMANCE EDGE
COMPETITIVE SPORTS TRAINING

You have nothing to lose...only health, fitness and strength to gain!