



Inside Inman Sports Complex  
 2 Villa Drive Edison NJ 08820  
[www.flexfitgym.com](http://www.flexfitgym.com)  
 732-841-1769

## Program descriptions and workout schedule

**XF- Xtraining Fusion:** Our signature workout for men and women! (ages 13 and over) Full body strength and conditioning that **EVERYONE** (beginners to advanced) can and **MUST** do. **Intensity YOU CAN CONTROL.** No one is coaching and designing workouts the way we are. **INSANE RESULTS! Control body weight, tone or build muscle, strengthen, energy, moods and sleep-ALL IMPROVES QUICKLY!**

**HIGH SCHOOL AND MIDDLE SCHOOL athletic training:** An absolute must for the serious athlete. Speed, agility, core strength, power and flexibility are just some areas of focus. Our key ingredient-Sport specific training. Game like energy and conditions in every workout. **Prevent injuries and get better!** This membership includes Sunday yoga and open gym. Scheduling by appointment.

**Kids Ninja Boot Camp-** (ages 6-12) A safe, challenging and incredibly fun fitness obstacle course fused together with strength and conditioning in the most unique way. Finally, a true fitness program for kids!

**Power Yoga-** A challenging flow design to help recover and realign the body while adding core strength and sport like intensity.

**Open Gym-** An opportunity to work privately with a coach or, train on your own.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
XF 5:20-6:20am	XF 5:20-6:20am	XF 5:20-6:20am	XF 5:20-6:20am	XF 5:20-6:20am		
XF 9:30-10:30am	XF 9:30-10:30am	XF 9:30-10:30am	XF 9:30-10:30am	XF 9:30-10:30am		
XF 4-5pm		XF 4-5pm		XF 4-5pm		
Kids Ninja 5-6pm	Kids Ninja 5-6pm	Kids Ninja 5-6pm	Kids Ninja 5-6pm		Kids Ninja 8-9am	Power Yoga 8-9am
XF 6-7pm	XF 6-7pm	XF 6-7pm	XF 6-7pm		XF 9-10am	Open Gym 9-10am
XF 7-8pm	XF 7-8pm	XF 7-8pm	XF 7-8pm			

**Just two minutes from:**  
**JP Stevens High School**  
**Colonia Post Office**  
**Clark Community Pool**