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Write a comment...

Payal Bhargava reviewed The Edge Fitness Clubs Manchester — 4★

July 10 ·

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The Edge Fitness Clubs Manchester

The Edge Fitness Clubs Manchester thank you for your feedback and for being an Edge member!

Like · Reply · Commented on by Tiffany Lugo Brezina [?] · July 12 at 8:07am

Write a comment...

Melinda Nina reviewed The Edge Fitness Clubs Manchester — 5★

July 8 ·

Just joined after already having two gym memberships. Staff did not pressure me when I went in with a friend as a guest. It was me who went home and couldn't stop thinking about how amazing the facility is (extensive amount of equipment and so many luxuries..movie theater, protein shake bar, women's area etc). I cancelled my membership with PF today and made this my second gym!

Like | Comment | Share

Sharon Fletcher

The Edge Fitness Clubs Manchester This is awesome, thank you for becoming a better!

http://www.theEDGEfitnessclubs.com

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4.5 ★ 4.5 of 5 stars
176 reviews

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4 stars	▬▬	30
3 stars	▬	9
2 stars	▬	9
1 star	•	5

MOST HELPFUL | MOST RECENT | STAR RATING

Jenna Anne Bookman reviewed The Edge Fitness Clubs Stratford —

July 27, 2016 ·

Very very excited to be a new member at this gym!! I live close by, so it's a nice walk over the bridge to this convenient location! If you don't have a vehicle, the coastal link drops off in this parking lot (big plus). I used to workout (and work) at a private gym and I have to say, this is an AMAZING gym. I signed up with one of the most down to earth representatives. This is definitely where I want to re-spark my fitness lifestyle and get back into competing! The energy here is upbeat and their music is dope. Extremely clean, the sauna has a tv btw! And I LOVE, LOVE, LOVE the changing rooms in the locker rooms and the "women's only" area. I think that's really important and I've never seen that in a co-Ed gym before. Look out for me edge fitness, I might be applying for a job! Their career options show truth in their quality when you speak with their staff. I am excited to be a part of this community as it's filled with positivity!

Like | Comment | Share

The Edge Fitness Clubs Stratford and Rashawna Pickett

The Edge Fitness Clubs Stratford Welcome Jenna! Thanks for your awesome review and we look forward to seeing you in the gym!

Like · Reply · Commented on by Carly Ciambriello [?] · July 28, 2016 at 2:17pm

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Bodayga Bne Drizz reviewed The Edge Fitness Clubs Orange — 5★

September 16, 2016 ·

Like Comment Share

Write a comment...

Rui Reis reviewed The Edge Fitness Clubs Orange — 5★

September 15, 2016 ·

Like Comment Share

Write a comment...

Nichole Wells reviewed The Edge Fitness Clubs Orange — 5★

September 14, 2016 ·

This gym is very clean. I never wait on Machines and there is a women's only section that I love to pieces! The spin class is state of the art. I have never seen ANYTHING like it!

Leclair Jacky and Mark Shields

Like Comment Share

Bill Masefield reviewed The Edge Fitness Clubs Orange — 5★

September 12, 2016 ·

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Cheryl Lemos reviewed The Edge Fitness Clubs Stratford —
September 19, 2016 ·

I love this gym - it's clean and has got a good vibe. I especially like the cinema which creates an awesome distraction so that time flies when I'm working out.

Like Comment Share

The Edge Fitness Clubs Stratford and Rashawna Pickett

Write a comment...

Megan Redgate reviewed The Edge Fitness Clubs Stratford —
September 18, 2016 ·

Awesome new location, spacious gym with new equipment, women's only area, cardio cinema, sauna, tanning, kids room, etc. The Edge has a nice team environment where you feel comfortable to do anything to get a good workout in no matter where you're starting from. Only recommendations are: add another squat rack and water fountain, and add hooks in the bathrooms please!

I'm always recommending this place, I love it!

Like Comment Share

The Edge Fitness Clubs Stratford and Rashawna Pickett

The Edge Fitness Clubs Stratford Thanks for your feedback, we will certainly pass along your suggestions!

Like · Reply · 1 · Commented on by Carly Ciambriello [?] · September 20, 2016 at 10:06am

Like | Follow | Share | ···

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Garnett Fisher reviewed The Edge Fitness Clubs Orange — 5★

October 6, 2016 ·

Like Comment Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Garnett!

Like · Reply · 1 · Commented on by Laura Altieri [?] · December 12, 2016 at 1:15pm

Write a comment...

Dawn Martin reviewed The Edge Fitness Clubs Orange — 5★

October 2, 2016 ·

This club is excellent. Brand new and pristine. Not that busy and plenty of equipment. I love the women's area. The group classes especially Michael's on Saturday morning is excellent!!

Like Comment Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Dawn!

Like · Reply · Commented on by Laura Altieri [?] · October 3, 2016 at 5:36pm

Write a comment...

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The Edge Fitness Clubs Orange Thanks Kewel

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:14pm

Write a comment...

Wanda Hebermehl reviewed The Edge Fitness Clubs Orange — 5★

November 3, 2016 ·

Love the layout especially the woman workout area. The staff is very helpful and acknowledgeable..

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Wanda!

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:14pm

Write a comment...

Shandra Marks reviewed The Edge Fitness Clubs Orange — 5★

November 2, 2016 ·

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Shandra!

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:14pm

Write a comment...

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Natasha Casanova reviewed The Edge Fitness Clubs Orange — 5★

November 21, 2016 ·

Like Comment Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Natasha!

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:10pm

Write a comment...

Rosa Richardson reviewed The Edge Fitness Clubs Orange — 5★

November 19, 2016 ·

Love the Edge in Orange. My trainer Max is the best, he is helping me to regain my strength in my legs. I love the women's room and exercising in the movie cinema area. Top notch!

Like Comment Share

The Edge Fitness Clubs Orange, Andre KingDre Bryant and Leclair Jacky

The Edge Fitness Clubs Orange Thanks Rosa!

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:10pm

Leclair Jacky Me too it be nice if i had someone to workout with tho

Like · Reply · January 8 at 9:41pm

Write a comment...

Lizz Canizares reviewed The Edge Fitness Clubs Orange — 5★

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Write a comment...

Patricia Chappell reviewed The Edge Fitness Clubs Meriden — 5★

December 1, 2016 ·

I love it here and the gym is always clean. The staff is friendly and the classes are awesome ♦

Like Comment Share

The Edge Fitness Clubs Meriden, Winsome Bishop and Ky Ritch

The Edge Fitness Clubs Meriden Thanks Patricia!

Like · Reply · Commented on by Laura Allieri (?) · December 12, 2016 at 12:00pm

Write a comment...

Shelby Bennett Bellemare reviewed The Edge Fitness Clubs Meriden — 5★

November 27, 2016 ·

It's super clean and I love the private women's area!

Like Comment Share

The Edge Fitness Clubs Meriden

The Edge Fitness Clubs Meriden Thanks Shelby!

Like · Reply · Commented on by Laura Allieri (?) · December 12, 2016 at 12:00pm

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The Edge Fitness Clubs Orange thankyou Jewel!

Like · Reply · 1 · Commented on by Laura Altieri [?] · December 14, 2016 at 1:43pm

Jewel Okwuosa Of course !

Like · Reply · 1 · December 14, 2016 at 6:49pm

Write a reply...

Write a comment...

Danielle Searles reviewed The Edge Fitness Clubs Orange — 5★

December 9, 2016 ·

Love the women's section of the gym and it's always clean!!

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Danielle!

Like · Reply · Commented on by Laura Altieri [?] · December 12, 2016 at 1:08pm

Write a comment...

Lexy Marie reviewed The Edge Fitness Clubs Orange — 5★

December 8, 2016 ·

The Edge Fitness Clubs Orange

1 Comment

Like | Comment | Share

Sharon Charisse Sears reviewed The Edge Fitness Clubs Meriden — 4★

December 10, 2016 ·

Nice gym, friendly staff. I love the women's only side. Zumba classes are great, Tracy is a terrific instructor.

Like Comment Share

The Edge Fitness Clubs Meriden and Tracy Trunik Brody

The Edge Fitness Clubs Meriden Thanks Sharon!

Like · Reply · 1 · Commented on by Laura Altieri [?] · December 12, 2016 at 12:00pm

Tracy Trunik Brody Xoxo

Like · Reply · December 13, 2016 at 6:55am

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The Edge Fitness Clubs Orange and Leclair Jacky

The Edge Fitness Clubs Orange Thanks Albert!
Like · Reply · Commented on by Laura Altieri [?] · January 4 at 2:44pm

Write a comment...

LaQuail M. Allen Lpn reviewed The Edge Fitness Clubs Orange — 5★
December 28, 2016 ·

The women's section is litt and can you say sauna? Oh yes ◆

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks LaQuail!
Like · Reply · Commented on by Laura Altieri [?] · January 4 at 2:44pm

Write a comment...

David Marrero Jr. reviewed The Edge Fitness Clubs Orange — 4★
December 27, 2016 ·

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks David!
Like · Reply · Commented on by Laura Altieri [?] · January 4 at 2:44pm

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Nick Ricolo reviewed The Edge Fitness Clubs Orange — 5★
December 31, 2016 ·

Like Comment Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Nick!
Like · Reply · Commented on by Laura Altieri [?] · January 4 at 2:43pm

Write a comment...

Melissa Yeomans reviewed The Edge Fitness Clubs Orange — 5★
December 30, 2016 ·

Finally, almost everything in the women's only section except for the steps for step ups! Other than that they are setup very well. I will be working that gym into my schedule.

Like Comment Share

The Edge Fitness Clubs Orange and Leclair Jacky

The Edge Fitness Clubs Orange Thanks Melissa!
Like · Reply · Commented on by Laura Altieri [?] · January 4 at 2:43pm

Melissa Yeomans No, thank you and keep up the great work
Like · Reply · January 4 at 3:41pm

Write a reply...

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Good healthy atmosphere. Open 24hours to meet the working man or women's time. Satisfied.

The Edge Fitness Clubs Orange — 1 Comment

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Nahiomy Cortes-gonzalez reviewed The Edge Fitness Clubs Orange — 5★

January 14 ·

They have everything youll be surprised ♦ come and see for your self even for your kids. Even give you a personal trainer for the 30 minutes and help you get where you want to work on. Zumba , movie theater while exercising huge gym !! They have a women section you name it !

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Nahiomy!

Like · Reply · Commented on by Laura Altieri [?] · February 1 at 12:46pm

Write a comment...

Jennie Goldman reviewed The Edge Fitness Clubs Orange — 5★

January 13 ·

I love working out at the edge! I have the best trainer (Krystyn) and she has got me addicted to the gym again!

Like · Reply · 1 · Commented on by Laura Altieri [?] · February 1 at 12:53pm

Write a comment...

Veronica Ewers-Francis reviewed The Edge Fitness Clubs Stratford —

January 26 ·

Love the new location. Parking is horrible, but I guess that is the give and take. Miss Miwana's zumba class at the Strafford location. Wish I knew if she was doing it at another location.

3 4 Comments

Like Comment Share

Marie Lopez reviewed The Edge Fitness Clubs Stratford —

January 23 ·

Thank you for the woman's section. I'm more motivated to go because of that!

Like Comment Share

The Edge Fitness Clubs Stratford and Natasha L Nelson

The Edge Fitness Clubs Stratford Thanks Marie!

Like · Reply · Commented on by Laura Altieri [?] · February 1 at 12:54pm

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— 4★

January 28 ·

Like Comment Share

The Edge Fitness Clubs Stratford

The Edge Fitness Clubs Stratford Thanks Lindsay!

Like · Reply · Commented on by Laura Altieri [?] · February 1 at 12:53pm

Write a comment...

MrsFrancis Valentin reviewed The Edge Fitness Clubs Stratford — 4★

January 27 ·

I enjoy the Edge, especially the woman's room it has nothing to do with insecurities. The only thing I would like to see different is the classes added especially for those that are restricted on High Impact. Edge is kept up always see people cleaning I like that ◆

Like Comment Share

Leave a comment

The Edge Fitness Clubs Stratford

The Edge Fitness Clubs Stratford Thanks Lielipsa!

Like · Reply · Commented on by Laura Altieri [?] · February 1 at 12:53pm

Write a comment...

Kevin Graham reviewed The Edge Fitness Clubs Stratford — 5★

January 26 ·

-Edge-Fitness-Clubs-Stratford-855121274502653/reviews/?ref=page_internal#

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The Edge Fitness Clubs Orange Thanks Lakisha!
Like · Reply · Commented on by Laura Altieri [?] · February 8 at 1:08pm

Write a comment...

Margaret O'Neill reviewed The Edge Fitness Clubs Orange — 5★
February 2 ·

Clean, friendly, inviting, spacious, really incredible...Cardio balcony style, working out in a movie theater, separate woman's section, state of the art machines, massage chairs, tanning and appropriate music for all..... It makes working out easier....The only thing missing is a pool.....But at least the locker room floors are clean and dry.... I would HIGHLY recommend this gym to anyone.... I use Derby AND Orange... BOTH equally GREAT.....

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Margaret!
Like · Reply · 1 · Commented on by Laura Altieri [?] · February 8 at 1:08pm

Write a comment...

Nicole Agostini Criscio reviewed The Edge Fitness Clubs Orange — 5★
February 2 ·

Loved Zumba. It was a great class. Will come

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Write a comment...

Tracy Marie Raccio reviewed The Edge Fitness Clubs Orange — 5★

February 25 ·

The Edge Fitness in Orange is one of the best gyms I have ever been to. I love the idea that there is a private room just for women. I feel so energized for the whole day when I workout. This is a lifestyle change and I'm looking forward to the journey.

Like Comment Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange Thanks Tracy!

Like · Reply · Commented on by Laura Altieri [?] · February 27 at 9:31am

Write a comment...

Colleen StClair Weatherspoon reviewed The Edge Fitness Clubs Orange — 5★

February 24 ·

I can't say enough how much I LOVE coming here. I have a long way to go but in a month's time I've lost 6 lbs and over 8" overall. Everyone is so nice and so encouraging. My trainer Mark Sheilds is the best and gets me motivated to come 5 out of 6 days a week. Plus there are so many options (pers trng, classes, yoga, movies, etc.)

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March 9 ·

club is way too crowded; folks wanna stop you all the time to ask questions that messes up your set

Like Comment Share

The Edge Fitness Clubs Stratford I'm sorry you feel this way Winston!

Like · Reply · Commented on by Laura Altieri [?] · March 13 at 1:32pm

Write a comment...

Lily Velez reviewed The Edge Fitness Clubs Stratford — 5★

March 8 ·

If i were to use one word it would have to be "comfortable" there is a women only section n i thought it was the best. I worked out with no worries of who was watchin me.

Like Comment Share

The Edge Fitness Clubs Stratford

The Edge Fitness Clubs Stratford Thanks Lily!

Like · Reply · 1 · Commented on by Laura Altieri [?] · March 13 at 1:31pm

Write a comment...

Mike Pita reviewed The Edge Fitness Clubs Stratford — 5★

March 7 ·

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stairmaster and all the equipment

Like Comment Share

The Edge Fitness Clubs Stratford

The Edge Fitness Clubs Stratford Thanks Blanche!

Like · Reply · Commented on by Laura Altieri (?) · March 28 at 1:10pm

Write a comment...

Diana Franco reviewed The Edge Fitness Clubs Stratford — 5★

March 17 ·

Love this facility, is big, I like the women's only area and the kids care is great, they do lots of activities with the kids to keep them busy while parents work out👍💪

Like Comment Share

The Edge Fitness Clubs Stratford

Send this to friends or post it on your timeline.

The Edge Fitness Clubs Stratford Thanks Diana!

Like · Reply · Commented on by Laura Altieri (?) · March 28 at 1:10pm

Write a comment...

Brittish Boo Shaw reviewed The Edge Fitness Clubs Stratford — 5★

March 16 ·

The Edge Fitness Clubs Stratford

1 Comment

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Nelson Ortiz

The Edge Fitness Clubs Orange Thanks Nelson!

Like · Reply · 1 · Commented on by Laura Altieri [?] · May 22 at 10:09am

Write a comment...

Lin Fre reviewed The Edge Fitness Clubs Orange — 5★

May 17 ·

Love the woman workout area and the sauna. I wish Hamden had those two things

Like | Comment | Share

The Edge Fitness Clubs Orange

The Edge Fitness Clubs Orange We love it too! So glad you feel the same way. Hopefully one day Hamden will have those features! Thanks for being an Edge Member

Like · Reply · 1 · Commented on by Gillian Michele Plummer [?] · May 17 at 8:15pm

Write a comment...

Benjamin Cissé reviewed The Edge Fitness Clubs Orange — 5★

May 16 ·

I love that place... the trainers are awesome and the facility is very clean

Edge-Fitness-Clubs-Orange-550495531778932/reviews/?ref=page_internal#

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July 4 ·

The Edge Fitness Clubs Orange — 1 Comment

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Shawn Blowes reviewed The Edge Fitness Clubs Orange — 5★

July 2 ·

Very clean and welcoming. Staff are friendly and accommodating. I love the hydro massage and women's area.

Like | Comment | Share

The Edge Fitness Clubs Orange Hi Shawn thank you for the great review and being a member at the Edge! We truly appreciate it!

Like · Reply · Commented on by Gillian Michele Plummer [?] · July 5 at 8:41am

Write a comment...

Brenda Lee reviewed The Edge Fitness Clubs Orange — 5★

July 2 ·

Like | Comment | Share

The Edge Fitness Clubs Orange Hi Brenda, thank you for the great review and being a member at the Edge! We truly appreciate it!

Like · Reply · Commented on by Gillian Michele Plummer [?] · July 5 at 8:41am

Write a comment...

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I love that there is a women only workout room.
The large amount of equipment.
The variety of classes and there opening schedule

Like · Comment · Share

The Edge Fitness Clubs Stratford Thank you so much Vivennie!
Like · Reply · Commented on by Tiffany Lugo Brezina [?] · August 15 at 10:42am

Write a comment...

Yessenia Cartayas Ricci reviewed The Edge Fitness Clubs Stratford — 5★
August 13 at 11:05am ·

It clean, people are nice, kids care space is awesome, classes are great, they have a separate women's section that leads directly to locker room, a sauna and they have an awesome theater.

Like · Comment · Share

The Edge Fitness Clubs Stratford This is great to hear! We are glad to have you!
Like · Reply · Commented on by Tiffany Lugo Brezina [?] · August 15 at 10:44am

Write a comment...

Tolnana L. Ahmad reviewed The Edge Fitness Clubs Stratford — 5★
August 9 at 11:23am ·

Best Club I've ever belonged to. The classes are great. It's clean and new. Great value for the money.

e-Edge-Fitness-Clubs-Stratford-855121274502653/reviews/?ref=page_internal#

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Write a comment...

Justin Riley reviewed The Edge Fitness Clubs Stratford — 5
August 16 at 4:36pm ·

Everything about it is on the money. clean always have use of the equipment friendly environment.

Like Comment Share

Maggie Pizarro

The Edge Fitness Clubs Stratford Thank you for the awesome feedback!
Like · Reply · Commented on by Tiffany Lugo Brezina [?] · August 16 at 9:16am

Write a comment...

Vivennie Ellis reviewed The Edge Fitness Clubs Stratford — 5
August 15 at 9:52am ·

I love that there is a women only workout room.
The large amount of equipment.
The variety of classes and there opening schedule

Like Comment Share

The Edge Fitness Clubs Stratford Thank you so much Vivennie!
Like · Reply · Commented on by Tiffany Lugo Brezina [?] · August 15 at 10:42am

Write a comment...

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5 stars	186
4 stars	21
3 stars	2
2 stars	2
1 star	13

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Devon Champigny reviewed The Edge Fitness Clubs Orange — 5★

19 hrs ·

Like Comment Share

The Edge Fitness Clubs Orange Thank you Devon!

Like · Reply · Commented on by Tiffany Lugo Brezina [?] · 5 hrs

Write a comment...

Debbie GetEm Thompson reviewed The Edge Fitness Clubs Orange — 5★

Yesterday at 9:07am ·

I love going to this gym !! Huge facility with plenty of machines and equipment. Your not on top of each other. They have a women's only workout room which is great. Staff is very personable. Place is always clean. Great trainers. Very nice gym and open 24 hours most days which is a huge bonus ! And did I mention the awesome sauce massage chairs ??? Great to be able to use them after a good workout.

Like Comment Share

The Edge Fitness Clubs Orange Thank you Debbie! We are glad to have you!

Like · Reply · Commented on by Tiffany Lugo Brezina [?] · 23 hrs

Write a comment...

Dawn Walston reviewed The Edge Fitness Clubs Orange — 5★

September 5 at 10:32pm ·

I love my gym. They encourage me to get it! Also they know my name and greet me with a ◆ Evertime. Edge Orange love◆ you guys.

e-Edge-Fitness-Clubs-Orange-550495531778932/reviews/?ref=page_internal#

R-3

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- 2 Group Exercise Studios
- Women's Only Area
- Zumba®, Boot Camp, Yoga AND MORE!
- Spinning® Studio
- Personal Training Area
- Balls to the Wall Area
- Cardio Equipment with Personal TVs
- EDGE Strong Team Training

▼ MORE ▼

MERIDEN

- 2 Group Exercise Studios
- Women's Only Area
- 2-Level Edge Cinema
- Zumba®, Boot Camp, Yoga AND MORE!
- Spinning® Studio
- Personal Training Area
- Synergy 360 Machine
- Balls to the Wall Area
- TRX Training Area
- Cardio Equipment with Personal TVs
- EDGE Strong Team Training

MORE

ORANGE

- Group Exercise Studio
- Women's Only Area
- Zumba®, Boot Camp, Yoga AND MORE!
- Cycling® Studio
- Personal Training Area
- Balls to the Wall Area
- Cardio Equipment with Personal TVs
- EDGE Strong Team Training

MORE

STRATFORD

- 2 Group Exercise Studios
- Zumba®
- Boot Camp
- Yoga, Pilates AND MORE!
- Spinning® Studio
- Personal Training
- Cardio Equipment with Personal TVs
- Pilates
- Turf
- Strength Training
- Selectorized Machines
- Specialized Equipment
- TRX
- Fitness Ropes
- Tanning
- Juice Bar
- EDGE Kids Child Care
- Women's Only Training Area
- EDGE Strong Team Training Area
- Saunas with TVs

THE EDGE FITNESS CLUBS OF ORANGE OPENING THIS SUMMER!

The Edge Fitness Clubs is expanding across Connecticut, and in Summer 2016, we will be opening our newest location at 50 Boston Post Road in Orange, Connecticut.

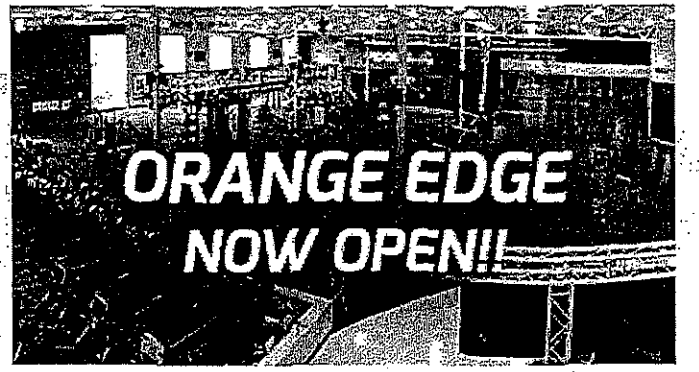
The Edge Fitness Clubs of Orange will have more amenities than any other health club in the area. It will be fully equipped with a Women's Only Area, Edge Strong Team Training, Edge Kids Programming, Free Weights, Machines, and Saunas. We offer a variety of membership options as well as Personal Training, Small Group Training, and Group Exercise Classes like Spinning, Zumba, Yoga, Boot Camp, Les Mills Body Pump and more.

With state of the art equipment, a large turf and sprint area, and a vast selection of free weights, The Edge Fitness Club of Orange will be like no other gym. The Edge is a fitness escape for the bodybuilder, the stay at home mom, or the young professional. For only $19.99 per month, it is tough to beat all The Edge Fitness Clubs of Orange has to offer. With summer right around the corner, there is no better time to get back into an exercise regimen.

There is currently an Enrollment Center open at the new location, 50 Boston Post Road, where non-members can learn what to expect at the new club, and join for The Edge's lowest rates before the new location opens. Members who join in the Enrollment Center can also exercise at any other Edge location until the opening.

Come check out Orange's soon to be premier fitness facility! Make the commitment to yourself and join The Edge Fitness Clubs in Orange today. Join online or call 203-890-9364 to sign up!

ORANGE EDGE NOW OPEN!



Come visit us at our newest location in Orange, CT! We are located at 50 Boston Post Road next to Lowe's and Guitar Center. The Edge Fitness Clubs of Orange is fully equipped with Group Exercise Classes, Personal Training, Women's Only Area, Edge Kids Child Care, Saunas, Hydromassage Chairs, Specialized Equipment and SO MUCH MORE! You can schedule a tour or sign up today by calling 203-890-9364!
Our Grand Opening Launch Party was Thursday, June 30th! We had an amazing time welcoming Orange residents into their new home at The Edge.

CLICK HERE to view pictures from our Grand Opening Launch Party

THE NEW STRATFORD EDGE IS NOW OPEN!

THE NEW STRATFORD EDGE IS NOW OPEN!

Thanks to all who attended our Preview Party for the new Stratford Edge on May 7th. It was a great day for our members and Stratford residents as we re-opened The Stratford Edge, established in 1994.
We have moved and are officially open on 955 Ferry Blvd! Come visit us, take a tour and see all we have to offer at our new location. Some additional amenities include:

- Women's Only Area
- EDGE Strong Team Training Studio
- Turf Area & Sprint Lanes
- Massage
- Les Mills BodyPump Classes
- Edge Barre Classes
- SpinPower Classes- Performance- Based Spinning Classes
- Brand New Equipment
- New Edge Kids Room
- Saunas with TVs
- Balls To The Wall
- TONS of Parking

GALLERY

- 2 Group Exercise Studios
- Women's Only Area
- 2 Level Cardio Cinema
- Zumba®, Boot Camp, Yoga AND MORE!
- Spinning® Studio
- Personal Training Area
- Synergy 360 Machine
- Balls to the Wall Area
- TRX Training Area
- Cardio Equipment with Personal TVs
- EDGE Strong
- Turf and Sprint Lanes
- Strength Training
- Selectorized Machines
- Specialized Equipment
- Edge Cinema
- Prowler
- Fitness Ropes
- Jacob's Ladder
- Tanning
- Juice Bar
- Childcare

JOIN NOW >

GET YOUR FREE CLASS PASS

MORE >

GALLERY

- 2 Group Exercise Studios
- Women's Only Area
- 2-Level Cardio Cinema
- Zumba, Kickboxing, Yoga AND MORE!
- Spinning Studio
- Personal Training Area
- Synergy 360 Machine
- Balls to the Wall Area
- TRX Training Area
- Cardio Equipment with Personal TVs
- EDGE Strong
- Turf and Sprint Lanes
- Strength Training
- Selectorized Machines
- Specialized Equipment
- Edge Cinema
- Provue
- Fitness Ropes
- Jacob's Ladder
- Tanning
- Juice Bar
- Childcare

JOIN NOW ›

GET YOUR FREE CLASS PASS

MORE ›

Join Today with
NO COMMITMENT!
Join The Edge in April with no contract*
Expires: 4/30/15
for you
TheEdgeFitnessClubs.com
THE EDGE FITNESS CLUBS

Join Today with
NO COMMITMENT!
Join The Edge in April with no contract*
Expires: 4/30/15
for a friend
TheEdgeFitnessClubs.com
THE EDGE FITNESS CLUBS

FREE
3 DAY PASS
Expires: 4/30/15
for you and a friend
TheEdgeFitnessClubs.com
THE EDGE FITNESS CLUBS

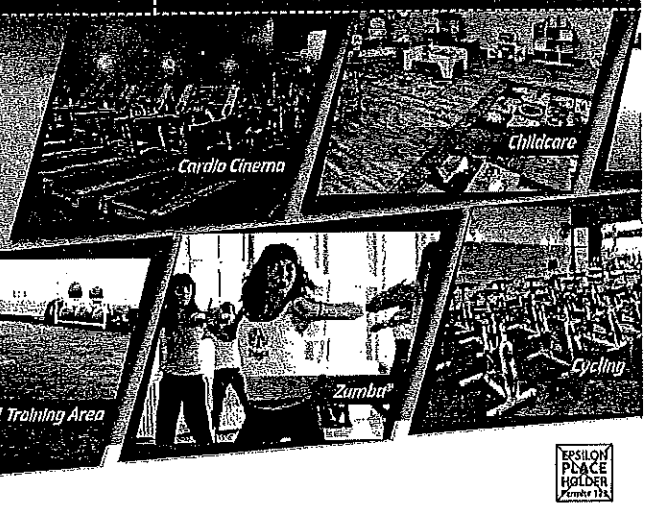
THE EDGE FITNESS CLUBS

Options and amenities may vary by location and membership type.

*Some restrictions may apply. Offer valid on Platinum club memberships only. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

THE EDGE OFFERS:

- $9.99 Memberships
- Cardio Cinema
- Childcare
- Certified Personal Trainers
- State-of-the-Art Cardio Equipment
- Free Weights
- Tanning
- Towel Service
- Group Exercise
- Smoothie Bar
- Functional Training
- Wi-Fi Lounge
- Yoga and Zumba®
- Pilates
- Spinning® Classes
- Women's Only Area



EPSILON PLACE HOLDER

10 GREAT LOCATIONS

Call, Click or Come In Today
TheEdgeFitnessClubs.com

GREENWICH 1355 East Putnam Ave 203-340-0097	**NORWALK** 512 Westport Ave 203-295-0015	**FAIRFIELD** 500 Kings Highway Cutoff 203-292-0338
STRATFORD 99 Beardsley Ave 203-242-7421	**SHELTON** 862 Bridgeport Ave 203-242-7422	**TRUMBULL** 41 Monroe Turnpike #43 203-292-0231
DERBY 600 New Haven Ave 203-242-7423	**MILFORD** 125 Old Gate Ln 203-242-7424	**HAMDEN** 2300 Dixwell Ave 203-242-7425
MERIDEN 533 South Broad St 203-514-0200		

follow us: YouTube

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Join For ONLY $5!

Expires: 5/31/15

TheEdgeFitnessClubs.com

THE EDGE FITNESS CLUBS

MEMBER OF ANOTHER CLUB?

Upgrade to The Edge for FREE

Expires: 5/31/15

TheEdgeFitnessClubs.com

THE EDGE FITNESS CLUBS

FREE 7 DAY PASS

Expires: 5/31/15

TheEdgeFitnessClubs.com

THE EDGE FITNESS CLUBS

THE EDGE FITNESS CLUBS

All new members receive a free week trial!

EDGE STRONG TEAM TRAINING

Do you know which area of the gym is the best for burning fat?
It's in our Edge Strong room.
During these team training sessions you burn 500-1000 calories!

In our Team Training program we focus on five different types of workouts: foundation, strength, burn, specialty and exclusive. These workouts take your principal strength and conditioning to a higher level with an elite program dedicated to improve endurance and functional performance potential. Each session is led by one of our personal trainers who will motivate and instruct you to see results!

THE EDGE OFFERS:

- $9.99 Memberships
- Cardio Theater
- Childcare
- Certified Personal Trainers
- State-of-the-Art Cardio Equipment
- Free Weights
- Tanning
- Towel Service
- Group Exercise
- Smoothie Bar
- Functional Training
- Wi-Fi Lounge
- Yoga and Zumba®
- Pilates
- Spinning® Classes
- Women's Only Area
- Edge Strong Team Training

Options and amenities may vary by location and membership type.
Some restrictions may apply. Offer valid on Platinum club memberships only. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

PRSRT STD U.S. Postage PAID Permit #454 York, PA

10 GREAT LOCATIONS

Call, Click or Come In Today

TheEdgeFitnessClubs.com

GREENWICH 1333 East Putnam Ave 203-340-0097	**NORWALK** 342 Westport Ave 203-295-0015	**FAIRFIELD** 500 Kings Highway Cutoff 203-292-0338
STRATFORD 99 Beardsley Ave 203-242-7421	**SHELTON** 862 Bridgeport Ave 203-242-7422	**TRUMBULL** 43 Monroe Turnpike #43 203-292-0231
DERBY 600 New Haven Ave 203-242-7423	**MILFORD** 125 Old Gate Ln 203-242-7424	**HAMDEN** 2300 Dixwell Ave 203-242-7425
MERIDEN 333 South Broad St 203-514-0200		

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Zumba® | Turf Functional Training Area | Edge Cinema | Childcare | Group Exercise Studio

NORWALK and GREENWICH

GET

YOUR EDGE IN LIFE

TODAY

only $9.99 per month

HURRY OFFER EXPIRES JUNE 30th 2015

THE EDGE OFFERS:

- > $9.99 Memberships
- > Edge Cinema - *Full cinema experience while you burn calories!*
- > Childcare
- > Certified Personal Trainers
- > State-of-the-Art Cardio Equipment
- > Free Weights
- > Tanning
- > Towel Service
- > Group Exercise
- > Smoothie Bar
- > Functional Training
- > Wi-Fi Lounge
- > Yoga and Zumba®
- > Pilates
- > Spinning® Classes
- > Women's Only Area
- > Edge Strong Team Training *Edges answer to Crossfit™*

Options and amenities may vary by location and membership type.

*Some restrictions may apply. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

NOW 11 GREAT LOCATIONS!

GREENWICH 1333 East Putnam Ave 203-340-0097	**NORWALK** 542 Westport Ave 203-295-0015	**FAIRFIELD** 500 Kings Highway Cutoff 203-292-0338
STRATFORD 99 Beardsley Ave 203-242-7421	**SHELTON** 862 Bridgeport Ave 203-242-7422	**TRUMBULL** 41 Monroe Turnpike 443 203-292-0231
DERBY 600 New Haven Ave 203-242-7423	**MILFORD** 125 Old Gate Ln 203-242-7424	**DANBURY** 100 Newtown Rd Danbury, CT 06810 (877) The-EDGE NEW LOCATION!
MERIDEN 533 South Broad St 203-514-0200	**HAMDEN** 2300 Dixwell Ave 203-242-7425	

Call, Click or Come in Today

TheEdgeFitnessClubs.com

follow us: YouTube

EPSILON PLACE HOLDER

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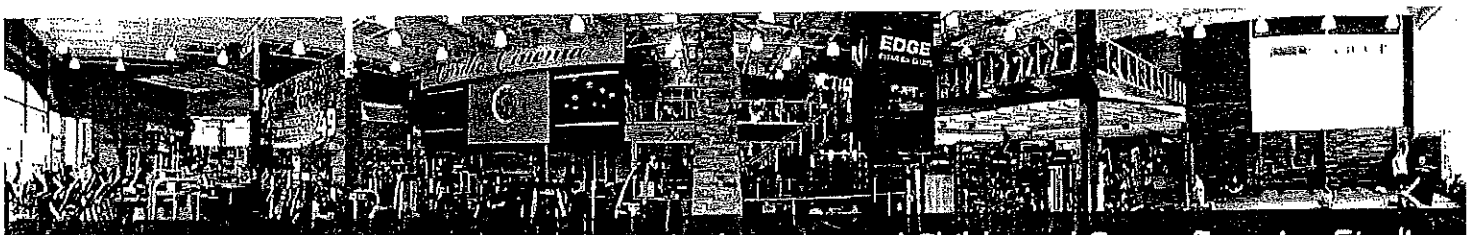

Zumba® | Turf Functional Training Area | Edge Cinema | Childcare | Group Exercise Studio

NORWALK and GREENWICH

GET

YOUR EDGE IN LIFE

TODAY

only $9.99 per month

HURRY OFFER EXPIRES July 31st 2015

THE EDGE OFFERS:

- > $9.99 Memberships
- > Edge Cinema - *Full cinema experience while you burn calories!*
- > Childcare
- > Certified Personal Trainers
- > State-of-the-Art Cardio Equipment
- > Free Weights
- > Tanning
- > Towel Service
- > Group Exercise
- > Smoothie Bar
- > Functional Training
- > Wi-Fi Lounge
- > Yoga and Zumba®
- > Pilates
- > Spinning® Classes
- > Women's Only Area
- > Edge Strong Team Training *Edges answer to Crossfit™*

Options and amenities may vary by location and membership type.

*Some restrictions may apply. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

NOW 12 GREAT LOCATIONS!

GREENWICH 1333 East Putnam Ave 203-340-0097	NORWALK 542 Westport Ave 203-295-0015	FAIRFIELD 500 Kings Highway Cutoff 203-292-0338
STRATFORD 99 Beardsley Ave 203-242-7421	SHELTON 862 Bridgeport Ave 203-242-7422	TRUMBULL 41 Monroe Turnpike #43 203-292-0231
DERBY 600 New Haven Ave 203-242-7423	MILFORD 125 Old Gate Ln 203-242-7424	HAMDEN 2300 Dixwell Ave 203-242-7425
MERIDEN 533 South Broad St 203-514-0200	DANBURY 100 Newtown Rd (877) The-EDGE NEW LOCATION!	MANCHESTER 49 Pavilions Dr (877) The-EDGE NEW LOCATION!

Call, Click or Come in Today

TheEdgeFitnessClubs.com

follow us: YouTube

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JOIN NOW FOR ONLY $5*

expires: 8/31/15

CT'S BEST IS GETTING BETTER!

FAIRFIELD — NEWLY REMODELED

STRATFORD — ALL NEW FACILITY

DERBY — EXPANSION IN PROGRESS

DANBURY — SHOWROOM NOW OPEN

MANCHESTER — COMING SOON

ORANGE — COMING SOON

Member of Another Club? Get 30 DAYS FREE when you trade in your keytag.

THE EDGE FITNESS CLUBS

12 GREAT LOCATIONS

Call, Click or Come in Today For Your 7-Day Pass

TheEdgeFitnessClubs.com

DANBURY 100 Newtown Rd 203-460-8375 NEW LOCATION	DERBY 600 New Haven Ave 203-242-7423	FAIRFIELD 500 Kings Highway Cutoff 203-292-0338
GREENWICH 1333 East Putnam Ave 203-340-0097	HAMDEN 2300 Dixwell Ave 203-242-7425	MANCHESTER 49 Pavilions Dr (877) The-EDGE NEW LOCATION
MERIDEN 533 South Broad St 203-514-0200	MILFORD 125 Old Gate Ln 203-242-7424	NORWALK 542 Westport Ave 203-295-0015
SHELTON 862 Bridgeport Ave 203-242-7422	STRATFORD 99 Beardsley Ave 203-242-7421	TRUMBULL 41 Monroe Turnpike #43 203-292-0231

follow us:

*Some restrictions may apply. Offer valid on Fitness membership only. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

CORPORATE MEMBERSHIPS NOW AVAILABLE

THE EDGE OFFERS:

- > $9.99 Memberships
- > Edge Cinema
  Full cinema experience while you burn calories!
- > Childcare
- > Personal Training
- > Tanning
- > Wi-Fi Lounge
- > Women's Only Area
- > Edge Strong Team Training

BEST GROUP FITNESS EXERCISE IN CT!

- > Yoga
- > Spinning®
- > Pilates
- > Step
- > Power Fusion
- > PiYo
- > Zumba®
- > Kickboxing
- > Fit For Life
- > And More!

Options and amenities may vary by location and membership type.

EPSILON PLACE HOLDER

©2015 154145-42119

HURRY, LIMITED TIME OFFER!

JOIN NOW FOR ONLY $1*

expires: 9/30/15

BRING THIS IN FOR A

FREE 7 DAY PASS

expires: 9/30/15

CT'S BEST IS GETTING BETTER!

FAIRFIELD — NEWLY REMODELED

STRATFORD — ALL NEW FACILITY

DERBY — EXPANSION IN PROGRESS

DANBURY — SHOWROOM NOW OPEN

MANCHESTER — COMING SOON

ORANGE — COMING SOON

Member of Another Club? Get 30 DAYS FREE when you trade in your keytag.

THE EDGE OFFERS:

- > $9.99 Memberships
- > $19.99 Memberships
- > Edge Cinema — *Full cinema experience while you burn calories!*
- > Childcare
- > Personal Training — *One on One Custom Programs give you the Edge!*
- > Tanning
- > Wi-Fi
- > Women's Only Area — *Select Locations only*
- > Access to All Award Winning Edge Locations
- > Smoothie Bar
- > Edge Strong — *Personal Trainer led small group training*

BEST GROUP EXERCISE IN CT!

- > Zumba®
- > Yoga
- > Spinning®
- > Pilates
- > Step
- > PIYo
- > Kickboxing
- > Fit For Life
- > And More!

Options and schedules may vary by location and membership type.

THE EDGE FITNESS CLUBS

12 GREAT LOCATIONS

TheEdgeFitnessClubs.com

DANBURY 100 Newtown Rd 203-460-8375 NEW LOCATION	DERBY 600 New Haven Ave 203-242-7423	FAIRFIELD 500 Kings Highway Cutoff 203-292-0338
GREENWICH 1333 East Putnam Ave 203-340-0097	HAMDEN 2300 Dixwell Ave 203-242-7425	MANCHESTER 49 Pavilions Dr (877) The-EDGE NEW LOCATION
MERIDEN 533 South Broad St 203-514-0200	MILFORD 125 Old Gate Ln 203-242-7424	NORWALK 542 Westport Ave 203-295-0015
SHELTON 662 Bridgeport Ave 203-242-7422	STRATFORD 99 Beardsley Ave 203-242-7421	TRUMBULL 41 Monroe Turnpike #43 203-292-0231

follow us:

*Some restrictions may apply. Valid on select membership. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

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26th Anniversary Celebration

only

26¢ TO JOIN

EXPIRES: 10/26/15

OPEN HOUSE CELEBRATION

October 26th

COME JOIN THE FUN!

FREE PRIZES – GAMES
FREE GROUP EXERCISE
OPEN TO PUBLIC

ENTER TO WIN 26 MONTHS FREE, CALL FOR DETAILS!

THE EDGE OFFERS:

- $9.99 Memberships
- $19.99 Memberships
- Edge Cinema
  Full cinema experience while you burn calories!
- Childcare
- Personal Training
  One on One Custom Programs give you the Edge!
- Tanning
- Wi-Fi
- Women's Only Area
  Select Locations Only
- Access to All Award Winning Edge Locations
- Smoothie Bar
- Edge Strong
  Personal Trainer led small group training

BEST GROUP EXERCISE IN CT!

- Zumba®
- Yoga
- Spinning®
- Pilates
- Step
- PIYo
- Kickboxing
- Fit For Life
- And More!

Options and amenities may vary by location and membership type.

THE EDGE FITNESS CLUBS

13 GREAT LOCATIONS

TheEdgeFitnessClubs.com

DANBURY 303 Hatlen Rd 203-460-8375 NEW LOCATION	DERBY 630 New Haven Ave 203-242-7423	FAIRFIELD 500 Kings Highway Cutoff 203-292-0338	GREENWICH 1333 East Putnam Ave 203-340-0097	HAMDEN 2300 Dixwell Ave 203-242-7425	MANCHESTER 49 Hamilton Dr (877) The-EDGE NEW LOCATION	MERIDEN 533 South Broad St* 203-514-0200
MILFORD 135 Old Gate Ln 203-242-7424	NORWALK 547 Westfort Ave 203-295-0015	ORANGE 50 Boston Post Road COMING SOON	SHELTON 462 Bridgeport Ave 203-242-7422	STRATFORD 93 Peembroke Ave 203-242-7421	TRUMBULL 41 Merritt Turnpike #45 203-292-0231	follow us:

*Some restrictions may apply. Valid on select membership. Annual club maintenance and processing fee applies. Monthly membership fees and the amenities vary by location.

EPSILON PLACE HOLDER Permit # 123

*While supplies last. Must pay dues. Per shirt per person. Must present coupon to redeem. To place order with friend at other gym club may apply. Please ask representative for details. Cash no equal. Select locations only.

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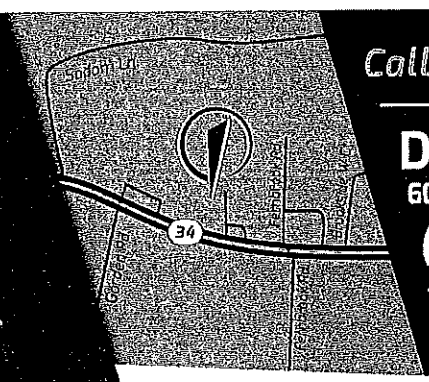
JOIN NOW!

NO DUES —UNTIL— 2016*

THE EARLIER YOU JOIN THE MORE YOU SAVE

EXPIRES: 11/30/15



Call, Click, or Come in Today!

DERBY
600 New Haven Ave. | Derby, CT 06418
(203) 242-7423

EdgeDerbyCT.com

THE EDGE OFFERS:
- > $9.99 Memberships
- > $19.99 Memberships
- > Edge Cinema
- > Childcare
- > Personal Training
- > Tanning
- > Wi-Fi
- > Women's Only Area
- > Access to All Award Winning Edge Locations
- > Smoothie Bar
- > Edge Strong — Personal Trainer led small group training

BEST GROUP EXERCISE IN CT!
- > Zumba*
- > Pilates
- > Spinning*
- > Toning
- > Yoga
- > Cardio
- > Kickboxing

Options and amenities may vary by location and membership type.

THE EDGE FITNESS CLUBS

13 GREAT LOCATIONS

DANBURY 100 Newtown Rd 203-460-8375 NEW LOCATION	DERBY 600 New Haven Ave 203-242-7423	FAIRFIELD 500 Kings Highway Cutoff 203-292-0338	GREENWICH 1333 East Putnam Ave 203-340-0097	HAMDEN 2300 Dixwell Ave 203-242-7425	MANCHESTER 49 Paulton Dr 860-647-1663 NEW LOCATION	MERIDEN 533 South Broad St 203-514-0200
MILFORD 125 Old Gate Ln 203-242-7424	NORWALK 547 Westport Ave 203-295-0015	ORANGE 50 Boston Post Road COMING SOON	SHELTON 647 Bridgeport Ave 203-242-7422	STRATFORD 935 Ferry Blvd 203-242-7421	TRUMBULL 45 Hoover Turnpike #13 203-292-0231	follow us:

*Some restrictions may apply. Valid on select membership. Annual club maintenance and processing fee applies. Monthly membership fees and club amenities vary by location.

EPSILON PLACE HOLDER Permit 325

THE EDGE FITNESS CLUBS

for you and a friend

7 DAY PASS

EXPIRES 11/30/15

First time clients only. Must be 10 or older to invalidate! Other restrictions may apply. Call for details.

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Company Overview

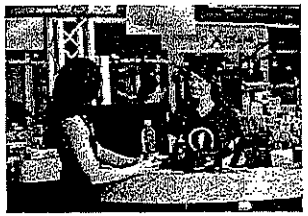
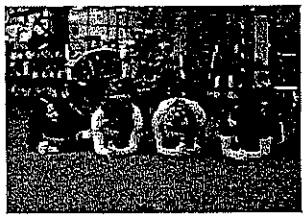
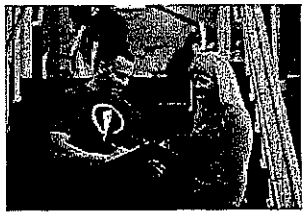
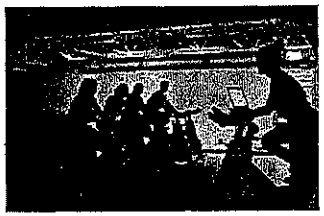
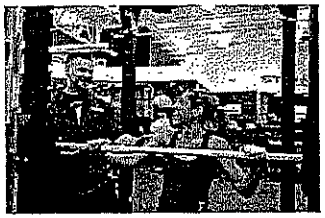
Take your career to The Edge.

Voted *Best Health Club* thirteen times, ***The Edge Fitness Clubs*** has been growing since 1987 when our first club opened in Middletown, CT. Today we have thirteen locations with almost 800 employees.

At The EDGE Fitness Clubs our mission is to offer extraordinary fitness facilities, innovative programming and an energetic, friendly staff to ensure our members love coming to our clubs, always enjoy their fitness experience, and see the results of their hard work. Ultimately giving our members...an EDGE in life.

The Edge Fitness Clubs offers:
Edge Cinema
Group Exercise including Zumba, Yoga, Spinning, Pilates, and more!
Les Mills BodyPump, BodyCombat & RPM
Personal Trainers
Pilates
State-of-the Art Cardio Equipment
Free Weights
Tanning
Edge Kids Childcare
Towel Service
Juice Bar
Functional Training
Wi-Fi Lounge
Edge Strong Team Training
Women's Only Area
And so much more!

If you have a passion for fitness, a genuine interest in helping others achieve wellness in all areas of life, and a rock solid work ethic, then we encourage you to continue with our applicant-friendly online job application. Thank you for your interest in a career with ***The Edge Fitness Clubs.***

Company Website: www.TheEdgeFitnessClubs.com

Become one of The Edge's Founding Members!

LOWEST Rates before we open!

Amenities	$9.99/MO. LIMITED AVAILABILITY	$15.99/MO. $19.99/Month When Open	$22.99/MO. $29.99/Month When Open
24 Hour Access	YES	YES	YES
Full Fitness Floor Access	YES	YES	YES
Free Fitness Assessment	YES	YES	YES
Free WIFI	YES	YES	YES
Group Exercise Classes Including ZUMBA®, Kickboxing, Yoga, Les Mills BodyPump, Les Mills BodyCombat & More!		YES	YES
Access to All EDGE Locations		YES	YES
Unlimited Hydromassage®		YES	YES
Tanning		YES	YES
SPINNING® & Les Mills RPM®			YES
Unlimited Guest Privileges			YES
Women's Only Area			YES
	MOST LOCATIONS	MOST LOCATIONS	MOST LOCATIONS

*Amenities may vary by location. Contact desired club for specific details.

For more info email marketing@theedgefitnessclubs.com

THE EDGE FITNESS CLUBS

1-877-The-Edge
843-3343

SIGN UP NOW

COME FIND OUT WHY MORE PEOPLE ARE WANTING TO GET THE EDGE IN LIFE!

MOVING YOUR FITNESS FORWARD

NO DUES UNTIL 2017!

SIGN UP NOW

NOT READY TO JOIN? GET YOUR FREE GUEST PASS

- $9.99 & $19.99 Memberships*
- Edge Cinema
- Childcare
- Certified Personal Trainers
- State-of-the-Art Cardio Equipment
- Edge Strong Team Training
- Free Weights
- Tanning
- Towel Service
- Group Exercise
- Smoothie Bar
- Functional Training
- Wi-Fi Lounge
- Spinning® Classes
- Women's Only Area
- Zumba®
- Massage
- Yoga
- Pilates

Options and amenities may vary by location and membership type.
Some restrictions apply. Offer valid on Platinum membership only.
Annual club maintenance and processing fees apply. Monthly membership fees vary by location.

R-5

-----Original Message-----
From: New Stratford
Sent: Tuesday, July 28, 2015 12:42 PM
To: Shannon Engel <sengel@theedgefitnessclubs.com>
Subject: FW: Women's only section

Shannon please see below. We have a Stratford only email that I am managing for suggestions about their new location and this email came through.

Thanks,
Caitlin

-----Original Message-----
From: Daniel Brelsford [mailto:dabrelsf@gmail.com]
Sent: Saturday, July 25, 2015 4:33 PM
To: New Stratford <newstratford@theedgefitnessclubs.com>
Subject: Women's only section

After much thought and research into the females only section at the gym I reached out to my lawyer who says you are in violation of civil rights law regarding gender discrimination. For the same price, you offer an extra service to a segment of the population based on their gender. Men pay the same price as females but are not given an exclusively male section. Before I file with the ct department of consumer protection, I have a few questions for you. 1, are transgender females allowed in the female only section? 2, what is the policy if a man enters this section? 3 How do you plan if at all on providing equal service to men? Where in the law do you feel as though you are in the right by having a gender exclusive area for only one gender? Do you know I observe many, if not more females being judgmental of others at the gym then I do men. What if I personally felt uncomfortable at times when gay men flirt with me and check me out. How would you protect me from this? Having a gay men and strait men section also? When I signed up to the fitness edge in 08, there was no such thing as a female only section and I am offended by this. I am, along with other people she members I spoke with are considering leaving to the new LA fitness in town.

You have 48 hours to respond with answers to my questions before I decide to file a class action lawsuit against the edge and file a complaint with CT DCP

Dan Brelsford 203 683 8018

Sent from my iPhone
CONFIDENTIALITY NOTICE: The contents of this email message and any attachments are intended solely for the addressee(s) and may contain confidential and/or privileged information and may be legally protected from disclosure. If you are not the intended recipient of this message or their agent, or if this message has been addressed to you in error, please immediately alert the sender by reply email and then delete this message and any attachments. If you are not the intended recipient, you are hereby notified that any use, dissemination, copying, or storage of this message or its attachments is strictly prohibited.

From: Shannon Engel
To: "migerend@gmail.com"
Subject: FW: The Edge
Date: Wednesday, August 12, 2015 12:09:00 PM

From: Daniel Brelsford [mailto:dabrelsf@gmail.com]
Sent: Wednesday, August 12, 2015 11:48 AM
To: Shannon Engel <sengel@theedgefitnessclubs.com>
Subject: Re: The Edge

Thanks for reaching out but after some consideration I just decided I'm going to change gyms rather then make a big deal about something that is an easy fix for me. I spoke to LA fitness moving to stratford and they seem far more gender equal. But thanks again for reaching out.

Danny Brelsford

Sent from my iPhone

On Aug 11, 2015, at 10:22 AM, Shannon Engel <sengel@theedgefitnessclubs.com> wrote:

Hi Daniel,

I am just following up again. Did you still want to speak about this issue?

Best,

Shannon

<image001.png>
Shannon Engel | Director of Human Resources | The Edge Fitness Clubs
1100 Kings Highway East | Fairfield, CT 06825
p: 203-319-1964x25 | f: 203-870-4702| e: SEngel@TheEdgeFitnessClubs.com
www.theEDGEfitnessclubs.com JOIN US ON Facebook and Youtube!
https://www.linkedin.com/pub/shannon-engel/a8/200/a6

From: Shannon Engel
Sent: Thursday, August 06, 2015 10:19 AM
To: 'dabrelsf@gmail.com' <dabrelsf@gmail.com>
Subject: The Edge

Hi Daniel,

I received your emall last week & left you a message last night.

You can call me anytime at 203.829.2880.

Thanks & have a great day!

<image001.png>
Shannon Engel | Director of Human Resources | The Edge Fitness Clubs
1100 Kings Highway East | Fairfield, CT 06825
p: 203-319-1964x25 | f: 203-870-4702| e: SEngel@TheEdgeFitnessClubs.com
www.theEDGEfitnessclubs.com JOIN US ON Facebook and Youtube!
https://www.linkedin.com/pub/shannon-engel/a8/200/a6

R-6

What are you looking for?

MENU

Respond to Customer Reviews

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Edge Fitness Club

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Public? This box is checked when customer review is published live on your Business Review.

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Consumers must certify that their review is truthful and accurate, and reflective of their personal experience. Review will not be published if consumer fails to verify their submission.

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Comment on Customer Review

We had only recently joined The Edge in Meriden and one of the reasons in joining with this gym was that it was closer to home and the fact that they provided a section for women to work out. I got the impression from one of the staff that only women were allowed in the area. The other day, without any warning a staff member walked in with another male staff member to show him around. I don't understand why they couldn't this another time when no one would be in there. It's a complete disregard to other women and our privacy. Especially when someone like me and my faith, where I can't be around strange males uncovered. This is just poor conduct and disrespectful. No signs on the walls to say that occasionally there would be male presence in the section if it was not strictly women only.

Review By: Fazilah Azmi (fazilah.azmi@hotmail.com) - Zip Code: 06457Submitted: 12/07/2016

Your Response(s)

Dear *******, we understand how you must feel when males came through the women's preferred area. Many people of your faith must have felt the same way, however what we have found is that there will be times when a male member or employee may have to enter the Women's area to train a staff member or clean the area. I will speak to management about putting up a sign that there will be males occasionally in the area. Thank you for your feedback.

Submitted: 12/13/2016

○Yes, this review was made by a customer of this business.

○No, I don't believe this review was made by a customer of this business.

Your Comment:

BBB appreciates your response to this customer review. Once you are ready to submit your response please be aware that you will have thirty (30) minutes to type and submit your response before this web session is closed. Any correspondence submitted after this 30-minute session will not be received by BBB and need to be resubmitted.

Your Name: S. Engel

(Your name will not be displayed to the public)

Your Email: sengel@theedgefitnessclubs.com

Your Zip Code: 0646106477

Cancel | Submit Comment

Please understand that the Customer Review and your response will be publicly posted on the BBB website (BBB reserves the right to not post in accordance with BBB policy). Please do not include any information that personally identifies your customer. By submitting your response, you are representing that it is a truthful account of your experience with this customer. BBB may edit your response to protect privacy rights and to remove inappropriate language.

CR-2

Club Fitness

HOME INFO PHOTOS REVIEWS INSIGHTS

Nubia Rosé

Rating

★★★★★

Review posted on

Jan 23, 2017

Wonderful environment I love the woman's fitness room it provides privacy and has all the equipment needed in just one room!

Best practices for responding to reviews

Respond as Club Fitness

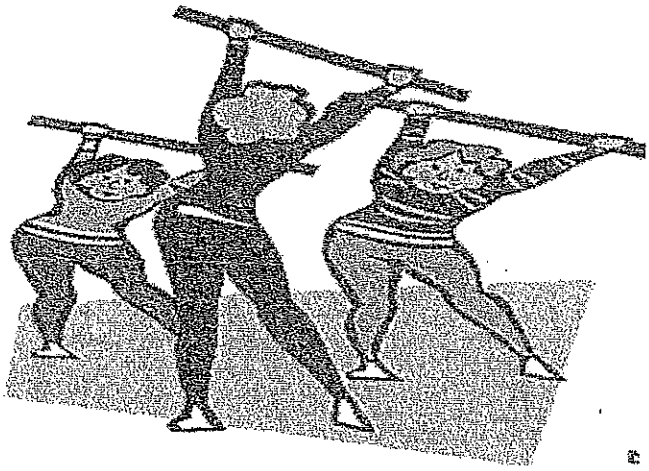
Please note that your reply will be displayed **publicly** on Google and must comply with Google's local content policies. Learn more

Submit

Help · Get Android app · Get iPhone app

C R-3

WOMAN'S WORKOUT CENTER



Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I can't understand why men would want to use the women's workout center.

They have newer and more equipment than we have and more space.

Women enjoy socializing with each other while working out, and we like our privacy.

If it becomes co-ed, I will not renew my membership.

(860) 242-7896

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

The MAIN reason I joined this gym is because of the "Women's Only Workout" area!!! Please don't remove it –

LISA Miller Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Why shouldn't we have our own space. Are we bothering anyone? It is very important to us!

Claire Dour

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

It gives me the privacy to work out in an area I feel comfortable in, where I am not being really judged.

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I like my privacy I'm not feeling like an object. There are exercises that I am uncomfortable doing in the coed area

uncomfortable

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

The womens Center Brings privacy to women young + old w/ Squats, lunges and any compromising positions that we don't want to do in open space around other people (men) I come here because of the womens center

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

- just a place to go
- Cooler
- quiet
- generally not a lot of people

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Availability of equipment (like weight bench)

Quiet
private

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I can concentrate better on my workout and not having gentlemen trying to impress me.

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I feel Comfortable working out with other woman and not with Men. If you were to lose this space, You would probably lose my membership.

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

The Ladies workout Area is the reason that I joined this gym! I love the private area where you don't feel like you are on display.

Please Print Name

Erica Coleman

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Not stuck watchin FAAA'n CNN or ESPN all the time !!!

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

It is not important to me — But I think some women need it

Please Print Name

Dawn

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I prefer to workout without men. I like the privacy.

Please Print Name

Charlene Lambert

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I like the privacy. Men's or public area is too big and open. In Women's room you can listen to TV which makes time on tread mill go faster. And, its women supporting women!

Please Print Name

Barbara Fowler

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

more privacy, cooler

Please Print Name

Jean Malone

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I like having a women's only center because there are no men, it's more private, I don't have to worry about how I look or am dressed, I don't have to be concerned about someone insisting ESPN be in the TV. Having a women's center is a major reason I go to this gym. Janice Falk

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I'll end my membership if you get rid of the ladies area. It is the reason why I joined Club Fitness.

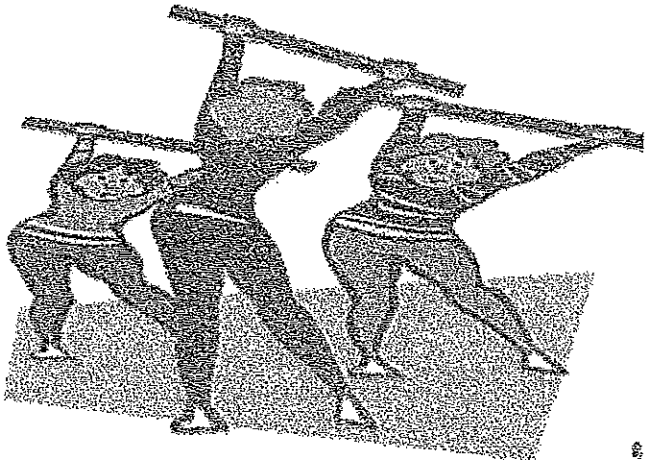
Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

- enjoy working out in Ladies Workout Area, Stations I use are available
- this area should be expandid if anything, and have other machines avail. for us to use.
- Please Print Name
- Like the quiet area -

WOMAN'S WORKOUT CENTER



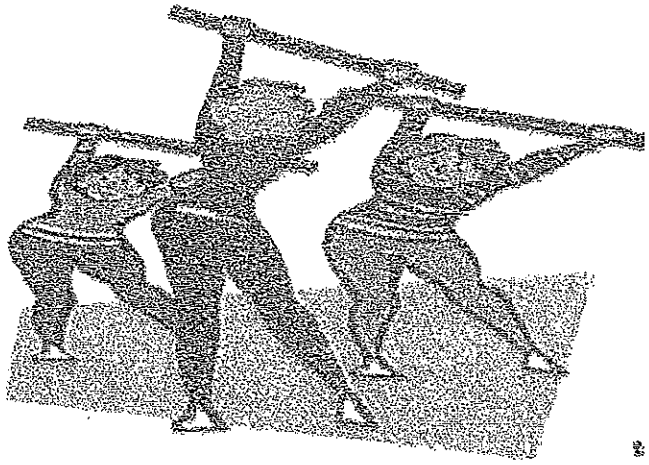
Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I appreciate the woman's workout center very much. It is why I haven't moved to other newer gyms. I am 63 and like the ability to workout away from the muscle men. Being able to be in a more relaxing space, able to hear the TV, not fight for the right equipment and concentrate on my exercise is the right mix for me. I am a long time member and would not want to see this change.

Donna Hubbs

donna@ddtvli.com
860 918-2442

WOMAN'S WORKOUT CENTER

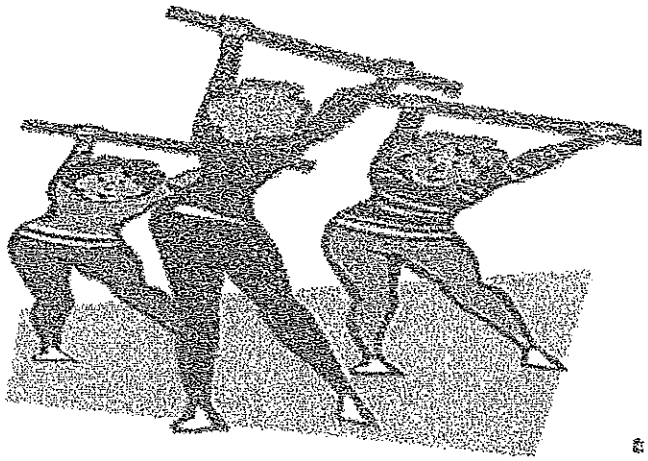


Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I Love the woman's workout center! I don't mind working out around men, but sometimes the privacy is nice. I especially love doing my glute exercises in there - it's nice being away from eyes constantly staring at my butt while I workout. I know I'm not the only one who feels this way. Being able to come to a gym to work out and not be oogled is very nice :) Thanks for providing this space for us.

Lsandersan86@Hotmail.com

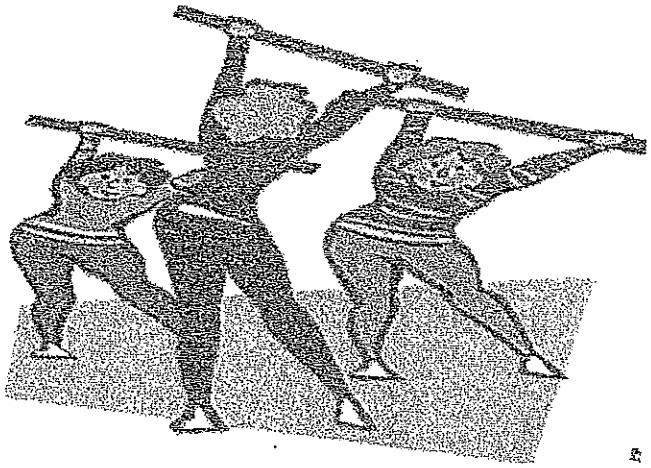
WOMAN'S WORKOUT CENTER



Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

Safe & friendly environment to work out.
Laid back, no "grunting" — marylkelling@yahoo.com

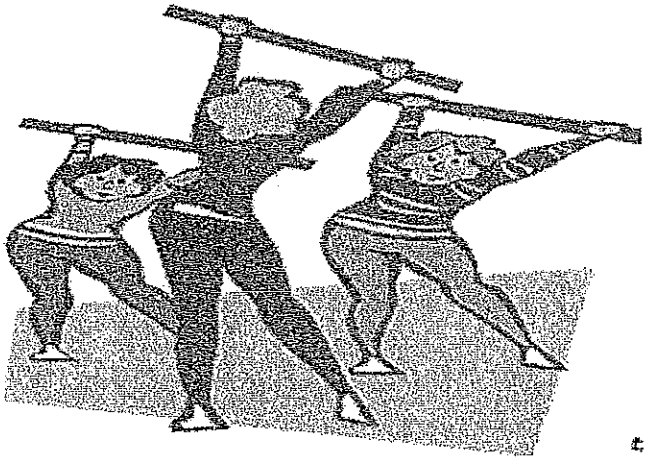
WOMAN'S WORKOUT CENTER



Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

It gives you a sense of belonging
It feels empowering
It has outstanding health benefits
Its beneficial to over all health.
Nergmo29@aol.com 860922-7017

WOMAN'S WORKOUT CENTER

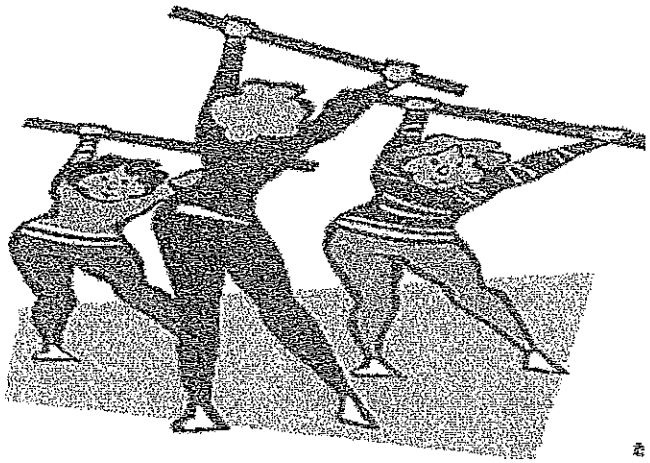


Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

Lifting in the main area can be intimidating. The women's area provides a more relaxed, friendly place for those that may not be comfortable

603 860 0495

WOMAN'S WORKOUT CENTER

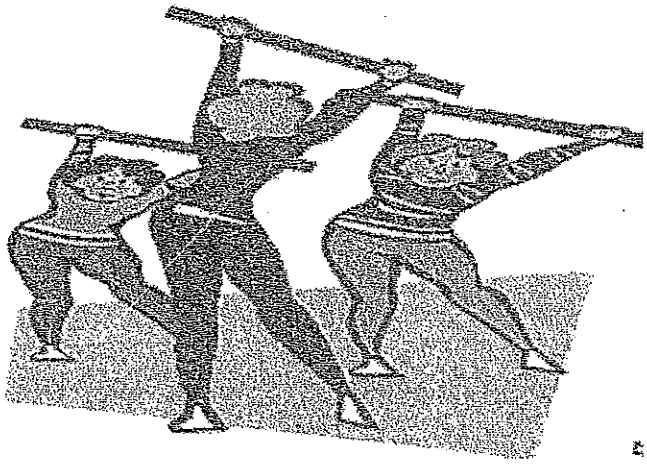


Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I enjoy this room because it is quieter, friendlier and I can go dressed however I like and feel comfortable. Also, the room is enclosed and we can discuss and exercise without any criticism from men.

Charlene Gerritt
Cgerritt@comcast.net

WOMAN'S WORKOUT CENTER



Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I enjoy the quiet - as well as choices of equipment. I rarely have to wait for machines + almost everyone wipes down equipment. This room was a large part of why I chose this gym. Please don't close this room
860 6041306

Janice Kirby

From: MARY GRABOWSKI <mgrabowski01@snet.net>
Sent: Monday, June 19, 2017 9:16 AM
To: Janice Kirby
Subject: Women's gym

When I retired I knew it was important that I continue to do two things , maintain a healthy body and socialize with other people. I found the answer to those needs at Club Fitness but only after a couple months. Prior to that ,I had used the equipment in the large area where many men and a few women were. It was difficult to socialize because it seemed no talking was to take place and heaven forbid someone laughed! Only after learning there was a separate place for women, was I willing to continue my membership.

It is important to be around women who want to maintain a healthy body, who come ready to not only take classes but use equipment in that room. Watching how they use equipment and asking why helps me to try new things. It is natural to talk to other women who have the same interest as myself. The other benefit is that we learn so many things outside of using equipment . Who is a good plumber, what place to take visitors to see, what recipes seem to work, who wants some plants because we are cleaning out the garden. To some people this can be done at work but when you are retired and live by yourself having the other women with answers is great. What may have been seen as nonsense talk in the larger area is really needed information. That is what happens in the women's gym. It also has lead to unexpected friendships based on common interests and needs. What also impresses me is that age isn't a barrier as to seeking answers to questions and offering help. At this point, in all honesty,I can and would leave this gym is the women's section is taken away. There are other gyms with better plans and updated equipment. The only reason for staying at Club Fitness right now it the women and if that room is not there, I will go to a gym that does have one.

Mary Lou Grabowski

Mary Lou in CT.

Janice Kirby

From: Krista Brach <krista.brach13@yahoo.com>
Sent: Monday, June 19, 2017 10:32 PM
To: Janice Kirby

Hi Janice!
Just wanted to send you an email letting you know how much i love the staff at your location. I have been a memeber at the Enfield club fitness for many years and day in and day out everyone there is just beyond great! I also love that you have a seperate section just for women that i use EVERYDAY! I make the drive from Ludlow, Ma to Enfield, Ct every morning specifically for that reason. Its nice to have a place to workout where i can feel completely comfortable doing my workout without feeling like im being watched or judged. Working out can be intimidating sometimes for some people and in the beginning it was for me and that space is just what i needed to get started on my fitness journey!

Sent from Yahoo Mail on Android

Janice Kirby

From: susanmazza9 <susanmazza9@gmail.com>
Sent: Friday, June 16, 2017 12:40 PM
To: Janice Kirby
Subject: Women's center

I am sending this e-mail to let you know that I really enjoy working out in the women's center. I have made many friends there over the years and I am really glad you offer it. Many gyms don't. Thank you for a great environment for us women to feel comfortable working out.
Sue Mazza

Sent from my Samsung Galaxy smartphone.

B"H

June 15, 2017

To Whom it May Concern

Hi, my name is Bracha Kosofsky and I am a member of Club Fitness Gym in Enfield, CT. I joined the gym this year and I love it!

I've always enjoyed working out. My general routine was to walk outside for exercise. I always had a problem however, as I couldn't work out the whole winter long, due to the weather. For religious reasons, I do not work out near men. Not in the same field, gym or room. For that reason, I had never joined a gym. I've always wanted to join a gym and would periodically do research to see if there were any gyms that offered a separate women's workout area.

Then, I heard about Club Fitness. I researched it and was extremely pleased to hear that it had a completely separate room dedicated to women. Although the area isn't huge, it is a perfect space for women. There are some weight machines, treadmills and free weights, exactly what I needed.

I am so grateful that I have been able to work out in the gym this year. I can freely work out and keep to my religious beliefs and practices. This is deeply enhanced my life. I am very appreciative that there is this option available and I don't take it for granted.

In addition, I know it isn't me alone who benefits from the separate space. There are always women utilizing the space. Women are naturally more self-conscious, especially when starting out with an unfamiliar workout and this way, they are free to exercise in a safe space. I feel supported as a women and as religious person. Thank you Club Fitness for supporting me.

Sincerely,

Bracha Kosofsky

Janice Kirby

From: Kathy <kabw53@yahoo.com>
Sent: Wednesday, June 14, 2017 3:14 PM
To: Janice Kirby
Subject: Club fitness facility

Dear Club Fitness Management,

I am writing to let you know I have been a member of club fitness for many years. When I decided to join the club the one thing that attracted me to the facility was a women's section. I liked the idea of women working out together and feeling no embarrassment of how I looked at the gym and be in the company of other women. Throughout the years as a gym member this reason has stood the test of time. Not only have I continued to use the facility but I have gained many lasting friendships as a result.
If this facility didn't have a women's section, I'm not sure if I would continue my membership.
So thank you for allowing me to continue to take care of myself by using Club Fitness while giving me continued social connections with like minded women who enjoy a dedicated women's workout area.
Sincerely,
Kathy Willoughby

Sent from my iPad

Janice Kirby

From: karen Lee <trashbee@att.net>
Sent: Thursday, June 15, 2017 11:22 AM
To: Janice Kirby
Subject: Ladies gym

Club Fit Management,

I have been a member of the gym at least a dozen very enjoyable years. The asset of the Club for me was the ability to use the women's area without that feature it would be only a gym and they are everywhere.

Over the years using that area it has become a social morning event and workout. I have made numerous friends that go beyond the gym. . Made numerous acquaintances and still see many of ladies around town even though they are not members anymore.

Please keep the ladies side open it has been an experience I never expected when I joined and would miss more than I can say.

Thank you
Karen Mehmed

Please give us your Testimonials on why you use the Women's Only Workout area.

I enjoy using the women's only workout area because it is quieter, more private.

Cindy Leander

Please give us your Testimonials on why you use the Women's Only Workout area. 5/18/17

I use the womens area because I have low self esteem. The womans workout area is a plus in an Fitness Center because it helps women like myself or maybe with more personal issues to feel comfortable and private. this part of the gym helps woman with insecurities, personal space, Introverts not to mention I do not see why a male would want to be in there when they have the whole fitness center as well as a private family room to work in. Ashley Bonilla

Please give us your Testimonials on why you use the Women's Only Workout area.

I love it because I rather exercise with women and I just like the privacy of the women's gym!!!

Claire Torf

The only reason I joined [illegible] area!

Please give us your Testimonials on why you use the Women's Only Workout area.

I LOVE THE WOMAN'S CENTER. IT'S NOT AS OVER WHELMING. IT'S GOT EVERYTHING I NEED AND MORE. THE MAIN FLOOR & CLASSES ARE GREAT TOO. THIS ROOM GIVES LADIES & TEENS THE COMFORT ~~THEY~~ WE NEED TO GET IT ALL

Please give us your Testimonials on why you use the Women's Only Workout area.

I like the womens (ladys) club because it gives us a private place to workout and feel confident and Comfortable. I really enjoy myself and workout.

- Juana Williams

Please give us your Testimonials on why you use the Women's Only Workout area.

This is a Safe Heaven for women that are uncomfortable or heavy. Its a nice quiet atmosphere with less distraction. You have all the equipment that is needed to get in a good work out. DO NOT Remove the women's workout room

Karen Montgall

Please give us your Testimonials on why you use the Women's Only Workout area.

Its quiet, friendlier, more climate controlled. No men allowed. All conversation acceptable.

Charlene Gerritt

Please give us your Testimonials on why you use the Women's Only Workout area.

I need to watch tv. while on stair master. I think women need to support each other in a women's private environment

Please give us your Testimonials on why you use the Women's Only Workout area.

Comfortable not open to Public. Certain Exercises don't want to do in front of Men

Please give us your Testimonials on why you use the Women's Only Workout area.

This space allows me time away from The main floor with, the personal trainers and clientel, Heavey lifters and other distractions. I appreciate the setup, the quiet and the consideration put into this womens only space.

Please give us your Testimonials on why you use the Women's Only Workout area.

I use both - Women's is cooler & quieter.

Please give us your Testimonials on why you use the Women's Only Workout area.

Simply... the freedom of solitude and feeling a lack of judgement!

Please give us your Testimonials on why you use the Women's Only Workout area.

Its a place where we don't have to feel like you are being looked at and its a place of comfort

Please give us your Testimonials on why you use the Women's Only Workout area.

I use the womens only center because it's a quiet place where I feel comfortable and dont have to worry about being bothered. Also it helps me build confidence to go out to the neutral gym area.

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Peace + quiet
no males
close the room + I'll probably leave

Pat Sasso

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

It's a great environment in the Women's Only section - no standards to maintain, private, non-competitive + relatively peaceful. I might not maintain my membership if this was removed. Very supportive environment. & quiet

Please Print Name

Donna Myers

Please give us your Testimonials on why you use the Women's Only Workout area.

Zaza

privacy

Please give us your Testimonials on why you use the Women's Only Workout area.

Zoya Privacy

Please give us your Testimonials on why you use the Women's Only Workout area.

The Women's Workout Area is an amazing place to workout. There is privacy. There is NO men in that area to judge or bother you. It is secluded from the MAIN coed area. It is the reason why I joined this gym!! There are NO creeps in that area. I love it! Do not get rid of it!!

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I enjoy the companionship with my "work-out buddies." The Club is welcoming and has all the right equipment.

Please Print Name

PEGGY LEE RISTAS

Please give us your Testimonials on why you use the Women's Only Workout area.

I feel more comfortable in here when I come here alone.

Radeana Hastings

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Can work out without being Juged.

Private, Quiet, cleaner

VM

Audrey Palmer-Hastings

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

...Like to workout in a more private area without the judgement of or perceived judgement of a larger group. Feels more free... to get your sweaton!

Please Print Name Julie S

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Donot like working out in front of men, especially when using weights

Please Print Name

CAROl Chozy

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I love having a quiet room that I can exercise & stretch in. Sometimes the main areas are too noisy.

Please Print Name

Jill Peters

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I enjoy the privacy. I also know women are more conscious of those around them. This room is a 'safe place' for women.

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I believe that it's like a peaceful Sanctuary in this room. It allows one to be very focused on my workout without a lot of distractions from many things going on in the different outside areas.

Please Print Name

PLEASE PLACE YOUR NAME ON YOUR TESTIMONIALS

PLEASE & THANK YOU!!

Quiet place to work out away from the crowd.
Marian Simone

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I'm married and men in the co-ed area don't care! They still try to pick you up.

Please Print Name H. Platt

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Women Should be allowed to have a Women's Private area to work out Since they are the ones approached by men. Men try to talk to ladies to Pick them up. Let them go Somewhere else to find a date!

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Gives women who are uncomfortable more modesty because they have a private area where they can exercise amongst other women without judgement.

Please Print Name Natalie Chambers

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

1. Good lighting
2. Can hear TV
3. Socialize
4. I find large Rm intimidating

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

I feel more comfortable in the women's area at times.
However, we need an area to stretch out with mat space if the group room is being used.
Also needed is equipment that "fits" women's bodies better ergonomica

Please Print Name

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

"Don't ever Remove!" Some people don't like working with men!! HHP!

Private, more machines, quiet

Please Print Name Victoria Manse

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Men are pigs, give the ladies their space

Please Print Name

Neill Ramsey

Please give us your Testimonials

On why it is important to you to have the use of the Women's Only Workout area.

Preference is to work out with other women and the machines are AVAILABLE!

Please Print Name KAREN K.

☆ ☆ ☆ ☆ ☆ June 6th 2017

To whom it may Concern,

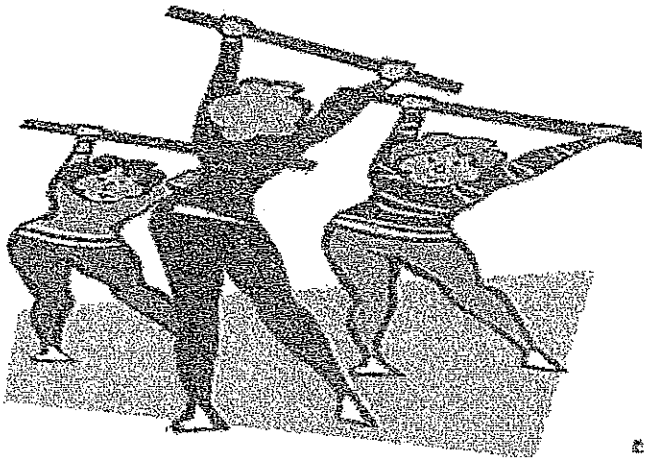
I joined Club fitness only because of the fact that I could be in an area with women only. I feel comfortable with working out with women only. It's quiet, it's not crowed. Please don't do away with the women's area, if so then I will be forced to go.

Sincerely

Lon R Thompson

[illegible]@hotmail.com

WOMAN'S WORKOUT CENTER



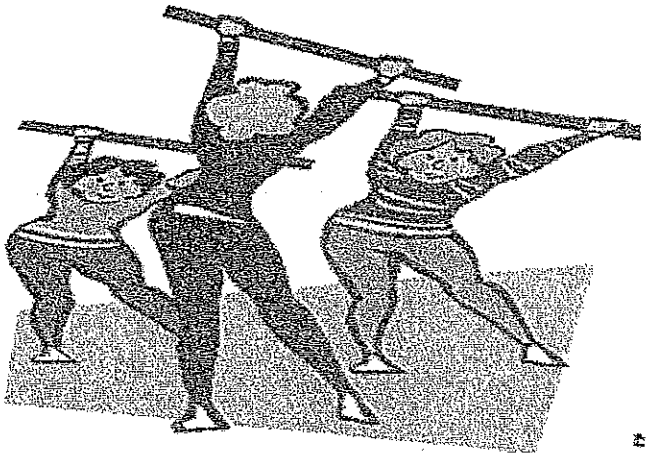
Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I enjoy the Quiet of the Women's Room.
I joined this Gym because you have a
special Womens Room to work out.

I only work out in the Women's Room and
do some of the Classes.

860-930-9692

WOMAN'S WORKOUT CENTER



Please give a detailed testimony on why the woman's workout center is important to you? Please leave your email or phone number. Thank you.

I like having a separate women's area to work out in, at my own pace without having to "compete" with the men to use the equipment. I only wish there was more mat space to stretch out. Most of this gym has heavy weights and equipment geared for men so it is nice to have a separate area to work out in.

Laurie Zimmerman
laurie.zimm@comcast.

Please give us your Testimonials on why you use the Women's Only Workout area.

1. To not have to share the space with men or be interrupted by them. This room is Wonderful!

2. Women's TV programming - Not sports. Please don't eliminate this space.

Please give us your Testimonials on why you use the Women's Only Workout area.

Sometimes its nice to have an area in the gym that's just women! I use both areas but this is a nice place because its usually easier to find a machine and just go at my own pace. I definitely do appreciate having it if I want to use it.

Please give us your Testimonials on why you use the Women's Only Workout area.

I feel more comfortable working in an environment with just women, it helps me to be myself. Shori Christiana

Please give us your Testimonials on why you use the Women's Only Workout area.

When I use the Women Only Work Out area I get much more work out done. There's less distractions and chit chat It's focus specific area

Please give us your Testimonials on why you use the Women's Only Workout area.

For the privacy that it provides. It is the only reason that I joined this Gym and it is the reason I have stayed.

Thank you
Carolyn Murray

Please give us your Testimonials on why you use the Women's Only Workout area.

Less noise
No men around because it makes you feel more confortable.

- Vanessa Ann

Please give us your Testimonials on why you use the Women's Only Workout area.

I always work out here when I miss group classes. I feel the environment is very friendly and I can be myself

I enjoy working out here over the large outside area.

Please give us your Testimonials on why you use the Women's Only Workout area.

#1 privacy; I don't have to worry about men staring at me.
- No intimidation feeling; can be yourself
- cooler area

Please give us your Testimonials on why you use the Women's Only Workout area.

I like using the women's area because it's only women. There are many more men and they dominate the weight + work out area + I don't like going out there.

Michelle Carpenter

Please give us your Testimonials on why you use the Women's Only Workout area.

I Love to use the Women Work out area because it Motivate me Come to the gym, work out in an area because of my ~~[illegible]~~ I'm insecure of my body. Men not to steer at me making rude Comments.

Christine Stahn

#KeepTheWomensCenter

Please give us your Testimonials on why you use the Women's Only Workout area.

- Alot of women are self Consious
- Nobody gets Judged
- Around other women that may have the same issue
- equiptment is always available.

Please give us your Testimonials on why you use the Women's Only Workout area.

First of all it is cooler in here. (cooler temp) Second of all it has televisions that can actually be heard. Lastly it is just better to work out with other woman. We can gab and workout and don't have to be embarrassed by guys seeing our fat butts on these machines (Ha Ha).

Please give us your Testimonials on why you use the Women's Only Workout area.

It feels good to be able to go into a workout room that is seperate from the main workout room. You don't feel as though you're on show. You can workout on equipment that is specific for women problem areas; without being interrupted by individuals of the opposite sex trying to start up a conversation with you. Never Keep room

Please give us your Testimonials on why you use the Women's Only Workout area.

I enjoy the privacy of the women's center. I always have an opportunity to use a machine at any given time. Very quite and no distractions.

member - Shanta Samuels

Please give us your Testimonials on why you use the Women's Only Workout area.

I LIKE IT BECAUSE there are no men. Around And I FEEl Comfortable working Out.

Shakiya Nichols-
Barnaby

R-4

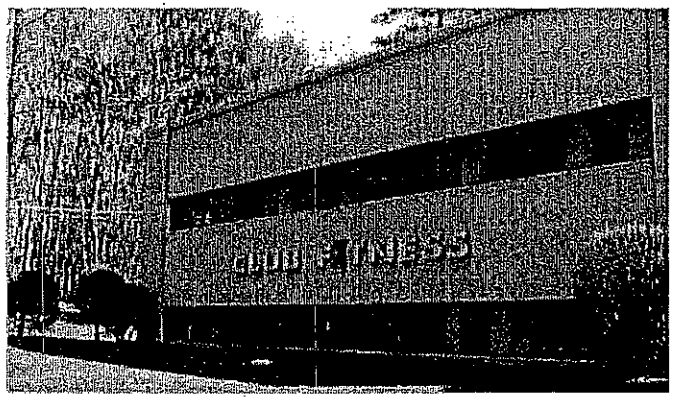
BLOOMFIELD

107 OLD WINDSOR RD ~ BLOOMFIELD, CT 06002

860-286-9801

Club features full cardio decks with Treadmills, Ellipticals, Incline Trainers, ArcTrainers, Stair Steppers, Upright Bikes, Recumbent Bikes, and more!

Large free-weight area with multiple benches including Flat, Incline, and Decline, Dumbbells up to 150lbs, three smith machines, full Hammer Strength circuit, Full Selectorized circuit, two Hammer Strength Heavy Duty power racks, several cable multi-stations, and much more. We also have a Boxing Area, full Shake and Supplement Bar, Kid's Club Babysitting, Tanning, Men's and Lady's Locker Rooms, Large Group Exercise studio, Personal Training, and private "Lady's Only" area with its own cardio and weight equipment.



LOCATION HOURS

Monday - Friday, 5am to 10pm
Saturday 7am - 6pm Sunday 7am - 5pm

MORE FUN...
MORE FITNESS...
MORE RESULTS!

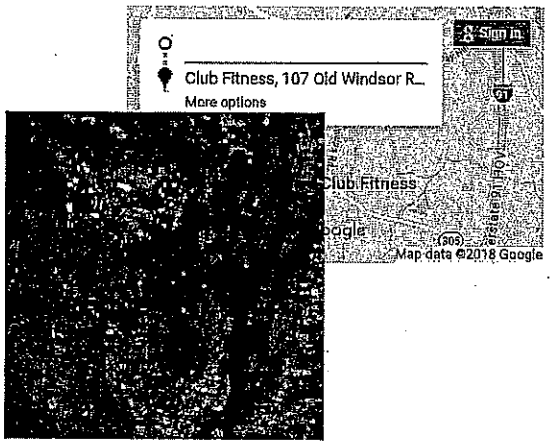
CLUB FITNESS

GUARANTEED
RESULTS

HOME LOCATIONS GROUP EXERCISE PERSONAL TRAINING MEMBERSHIPS

BLOOMFIELD

107 OLD WINDSOR RD ~ BLOOMFIELD, CT 06002



MEMBERSHIPS

Our online signup is FAST, SIMPLE, and SECURE!
You'll be done in just a few minutes!

JUST FITNESS

- ✓ Weights & Cardio at home location only
- ✓ 1 Free PT Orientation

$8.99 PER MONTH

$49.00 to start, includes your first month. Then pay $8.99 per month for 11 months.

JOIN TODAY

MORE FITNESS

- ✓ Weights & Cardio
- ✓ Use of all Locations except Windsor
- ✓ Unlimited Tanning
- ✓ 1 Free PT Orientation
- ✓ Perkville Points Program

$19.95 PER MONTH

$29.95 to start, includes your first month. Then pay $19.95 per month for 11 months.

JOIN TODAY

MOST FITNESS

- ✓ Weights & Cardio
- ✓ Use of all Locations, including ClubFit Plus of Windsor
- ✓ Unlimited Tanning
- ✓ Group Ex Classes
- ✓ 1 Free PT Orientation
- ✓ Perkville Points Program

$29.95 PER MONTH

$39.95 to start, includes your first month. Then pay $29.95 per month for 11 months.

JOIN TODAY

MOST FITNESS+1

- ✓ Weights & Cardio for yourself *plus one!*
- ✓ Use of all Locations, including ClubFit Plus of Windsor
- ✓ Unlimited Tanning
- ✓ Group Ex Classes
- ✓ Free PT Orientation for both
- ✓ Perkville Points Program

SPECIAL OFFER

SIGN & GO – PAY $0 TODAY!

$44.95 PER MONTH

Pay $44.95 per month for 12 months starting next month.

JOIN TODAY

FAMILY FITNESS

- ✓ One primary member and any combo of up to 4 more members, or children using kid's club!
- ✓ Use of all Locations including ClubFit Plus of Windsor
- ✓ Unlimited Tanning
- ✓ Group Ex Classes
- ✓ Free PT Orientations for all 5!
- ✓ Perkville Points Program

BEST VALUE

SIGN & GO – PAY $0 TODAY!

$59.95 PER MONTH

Pay $59.95 per month for 12 months starting next month.

JOIN TODAY

OR SELECT ANOTHER LOCATION BELOW

R-5

Door View
from Hallway near
Men's locker room + Fr[illegible]

Ladies CLUB
Exclusive Women's Fitness Center
EXCLUSIVE
WOMEN'S
CENTER
Door view
from workout floor

CR-7

Diane M. Quinn, Ph.D.

Documents attached:

1. My Curriculum Vitae
2. Full set of open-ended comments collected from members

My Background: I received my PhD in Social Psychology from the University of Michigan in 1999. I have been on the faculty at the University of Connecticut since 1999 rising from assistant to associate to full professor in the Psychological Sciences department. I have researched and published extensively on the psychological and health effects of being a member of a marginalized or stereotyped group. My work includes research on the effects of sexual objectification on women's psychological well-being and cognitive performance; research on internalized weight stigma, depression, and body image; and research on mood disorders and relationships. My research has been funded by the National Institutes of Health and the National Science Foundation. I have published over 50 research articles and my work has been cited over 10,000 times. I am also currently an Associate Editor of *American Psychologist*, the premier journal of the American Psychological Association.

Responses from club members: For this case, I was given a set of 85 open-ended responses collected by Club Fitness from female members. Members were asked to write why the Women's Workout center was important to them. As described below, I content coded the response for common themes.

Focus of Report: I was asked to write a report on the psychological reasons why women might choose to use a women's only fitness room. I was also asked to give an opinion based on the responses from the members on why the women's only workout space was important to the customers of the gym.

Sexual Objectification and Women's Psychological Well-Being

Research Background and Findings: Sexual objectification occurs whenever a person is reduced to being considered as simply their body or body parts rather than a full person (1). Empirical studies have shown that women are much more likely to be sexually objectified than men (2, 3, 4). Commonly, sexual objectification occurs through both verbal comments (e.g., sexual remarks, comments on women's bodies, catcalls) and through male gaze (e.g., men ogling or "checking out" women's body parts). These experiences of objectification, also called "stranger harassment," have a number of negative repercussions for women. Specifically, two decades of research finds that when women experience being objectified or harassed by men – that their bodies are simply objects for other's evaluation and pleasure – they also report greater concern about and surveillance of their own bodies, increased body shame, lowered self-esteem, heightened risk for depression, heightened eating disorder symptomatology, and decreases in focused performance (e.g., 5, 6, 7 and for review see: 8). Because objectification saturates the American culture (e.g., through both media representations of women and in person

interactions), women proactively self-objectify when they anticipate being in an environment where they might be judged on their bodies and appearance. That is, knowing that they are entering into an environment where men might objectify them, women try to anticipate the evaluation of others by first evaluating themselves, which can lead to experiences of shame and appearance anxiety in anticipation of others' judgement (5). In short, research has shown that for women, the experience of objectification (e.g., sexualized male gaze, crude comments) and the anticipation of that objectification (e.g., self-objectification) can lead to increased feelings of body shame, increased depression, and decreased ability to focus. In the long term, sexual objectification is related to increased rates of disordered eating, depression, and sexual dysfunction (2, 7, 8). In addition, research specifically on stranger harassment shows that harassment decreases women's feelings of safety and comfort in the environment (4, 9).

Fitness Center Environment: Physical fitness can have a myriad of both physical and mental health benefits for men and women. However, because the fitness center is a place where strangers are in close proximity moving their bodies in particular ways (e.g., squatting, stretching) and in exercise clothing that might be minimal, it is also a place where women are likely to be concerned with being objectified. One way women might cope with actual or anticipated sexual objectification from male gym members is to exercise in a women's only area.

Content coding of the open-ended responses:
Eighty five female customers from Club Fitness filled out an open-ended survey. Most (N=79) were hand-written, a few (N=6) were e-mailed. I content coded the survey for the main reasons customers used the room as well as whether they noted using the room was a reason they joined or continued to be a member at the gym, as well as if they specified whether they would leave the gym if the room were closed.

The only instructions given on the handwritten surveys were "Please give us a detailed testimony on why the women's workout center is import to you?" or "Please give your Testimonials on why it is import to you to have the use of the Women's Only Workout area." Responses ranged from relatively brief (just a word or two) to several paragraphs. Most were a few sentences or bullet points.

Findings:
The most common reason given for using the women's only workout area was **privacy** (34%), followed closely by **being more comfortable** (29%). Other related reasons included **not feeling judged** (18%), **feeling safer or less intimidated** (8%) and **being better able to focus without men talking or trying to talk to them** (6%). Another 9% simply noted they used the room because there were no men, without giving a specific reason. Other rationales included feeling supported by other women (7%) and preference for the room conditions, mainly that the room temperature was cooler (7%).

In describing their use and appreciation of the women's only area, **women made clear that having a women's only area gave them the comfort to exercise parts of their body they would feel ashamed or uncomfortable exposing to men:**

- *"The women's center brings privacy to women young and old with squats, lunges and any compromising positions that we don't want to do in open space around other people (men)."*
- *"I especially love doing my glute exercises in there—it's nice being away from eyes constantly staring at my butt while I workout. I know I'm not the only one who feels this way. Being able to come to a gym to work out and not be oogled is very nice. Thanks for providing this space for use."*
- *"I like my privacy and not feeling like an object. There are exercises that I am uncomfortable doing in the coed area."*
- *"Certain exercises don't want to do in front of men."*

The women's descriptions also highlighted that they **valued privacy from men making comments and ogling and judging them while they exercise:**

- *"I love the private area where you don't feel like you are on display."*
- *"I like having a women's only center because there are no men, its more private, I don't have to worry about how I look or am dressed . . ."*
- *"#1 Privacy; I don't have to worry about men staring at me . . ."*
- *"It's a place where we don't have to feel like you are being looked at and it's a place of comfort."*
- *"There is privacy. There is NO men in that area to judge or bother you . . . It is the reason I joined this gym!!"*
- *"Can work out without being judged."*
- *"I love to use the Women workout area because it motivate me {to} come to the gym, work out in an area because of my I'm insecure of my body. Men not to stare at me making rude comments."*
- *"You don't feel as though you're on show."*

They also noted that they were **better able to focus and enjoy their time exercising:**

- *"I can concentrate better on my workout and not having gentlemen trying to impress me."*
- *"It's a great environment in the Women's Only section – no standards to maintain, private, non competitive and relatively peaceful."*
- *"I believe that it's like a peaceful sanctuary in this room. It allows me to be very focused on my workout without a lot of distractions from many things going on in the different outside areas."*
- *"I feel more comfortable working in an environment with just women, it helps me to be myself."*

In summary, women report that the exercising in the Women's Only area at Club Fitness facilities allows them privacy from men starting at and commenting on their bodies. It also allows them to exercise parts of their bodies that they would feel embarrassed to show in front of men. Finally, use of the room allows for more focused and enjoyable exercise in a safe and comfortable environment.

The Importance of the Women's Only Workout Center for Membership

Although respondents were not directly asked about whether the Women's Only area was important to them in terms of continued membership, 20% spontaneously said that the Women's Only center is the reason they joined the gym and/or the reason they continued to be members. 9% said they would quit the gym if the room was closed.

- *"If it becomes co-ed, I will not renew my membership."*
- *"The MAIN reason I joined this gym is because of the "Women's Only Workout" area!!! Please don't remove it."*
- *"I came here because of the womens center"*
- *"If you were to lose this space, you would probably lose my membership."*

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R-8

Janice Kirby

From: Aseel Kawash <aseelkawash98@gmail.com>
Sent: Monday, June 04, 2018 3:24 AM
To: Janice Kirby

I am a Muslim girl. I come to club fitness all the way from South Windsor because they have a women's gym room which I feel free to work out and take off my hijab and I would not feel comfortable working out around guys inside that room.