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The Edge Fitness makes major renovations among 16 CT clubs

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Orange, CT The Edge Fitness Clubs, a fitness chain with 43 locations, has made significant renovations in 2024 with a focus on major facility upgrades in Derby, Fairfield, Hamden, Meriden, Stratford and Norwalk locations, among its 16 Connecticut clubs. Momentum will continue through the rest of the year, with additional club renovations underway and new equipment upgrades alongside the introduction of new membership plans, including month-to-month and boutique-style team training options. “The Edge is focused on creating innovative, well-equipped, clean clubs with bright and airy spaces to provide the best fitness experience with affordable prices,” said Vinny Sansone, founder of The Edge Fitness. “We set the standard in fitness with our signature amenities like Edge Strong H.I.I.T classes, the Edge Fuel Bar, large turf/functional training spaces, premium strength equipment and performance lifting areas. We are also dedicated to fostering community engagement through unique workout programs such as The Murph, our signature Edge Challenge and a variety of other events through the year.”

Renovations and upgrades across the chain include full-service gym amenities like the Edge Cinema, which provides an immersive experience for members to enjoy movie premieres and classics while they do cardio workouts. The Edge Fuel Bar offers nutritional advice, supplements and shakes. Spa amenities featuring massage chairs and beds are available pre- or post-workout to support recovery, particularly suited for members focused on sports performance. Saunas and tanning beds (both lay-down and stand-up) create an all-in-one experience that complements the spa amenities offered with upscale locker room facilities. Additionally, Edge Kids offers experiences beyond babysitting to encourage active, healthy lifestyles in a safe and supportive environment for children up to 12 years old.

Edge Fitness Clubs are currently in nine states following expansion across the East Coast and Midwest beginning in 2017. Investing more than \$5 million in Connecticut in 2024, renovations include aesthetic updates as well as significant equipment upgrades and additions. “Our clubs offer unmatched value as we constantly innovate to bring our members the best in strength, wellness and recovery services. We want our members to feel confident in their investment in themselves, and we strive to significantly reduce the cost of outside health and wellness services by providing everything under one roof for as low as \$9.99 a month,” said Jordin Nabi, VP of marketing at The Edge Fitness Clubs.

The Edge Fitness Clubs are hosting a variety of events in the community this summer, including yoga at the beach, outdoor zumba, strength workshops and The Edge Challenge this month.

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