

BARBARA BLACKBURN'S FIT EDGE

FIT EDGE Programs

REINVENT 12 Week Program

Jump-start your fitness program with this intensive and comprehensive approach. Barbara gives you the personal guidance necessary to obtain your desired goals. Your individualized program includes personal training sessions, nutrition analysis, Spinning classes, open gym visits and Power Plate workouts.

ULTRA 16 Week Program

Discover your personal potential. Start with a wellness and goal-setting consultation. Then follow a personalized fitness regime using all the programs at the Fit Edge: personal training, group sessions, Spinning classes, the Power Plate and open gym use.

Spinning™

Whether you are training for outdoor riding, working on weight loss or building incredible strength and stamina, Spinning at the Fit Edge is a must!

FIT EDGE Training

Personal Training

Our one-on-one training yields the best results. After a wellness and goal-setting consultation, a unique workout is designed so you will achieve optimal results. Workouts are intense and safe. A high level of commitment and discipline are expected.

Group Training

Group training is fun and interactive. After an initial screening, you become a part of a five-member group. We emphasize quality in your workouts, so adjustments are made for each member during group sessions.

Power Plate™ Training

The Power Plate provides an accelerated, time-efficient workout. Thirty minutes on the Power Plate is as effective as 90 minutes of conventional weight training. It is both a therapeutic and intense workout experience.



FITLAB
TEAMS

COMING SOON



Testimonials

"I sought out Barbara at the Fit Edge because I was out of shape, overweight and constantly fatigued, leaving me utterly depressed over the state of my health. The best decision I have made for my physical and emotional wellbeing was Barbara. In 6 months she helped to motivate and inspire me to empower myself to make realistic changes in my lifestyle. I lost over 50 pounds and participated in a triathlon. The knowledge, fitness, and empowerment I obtained from training with Barbara will allow me to continue with new goals, more triathlons and enduring health."

Shannon Murphy RN

Santa Cruz, California

"I have been working out with Barbara for ten years. She has provided me with workout and nutrition plans that have helped me reach and maintain my overall fitness for a decade. Her expertise and enthusiasm motivates me to work hard, striving to reach new levels of fitness each week. I credit her with guiding me to maintain my weight and flexibility. I have never felt better!"

Linda Sheifelbein

Los Gatos, California

CALL TODAY

FOR AN APPOINTMENT

408.354.4436