

The Edge Sports & Fitness - South Burlington

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The EDGE Sports & Fitness: A Comprehensive Overview

The EDGE Sports & Fitness, located in South Burlington, Vermont, has garnered a range of reviews highlighting both its strengths and areas for improvement. This fitness center has become a popular destination for those seeking various amenities and activities.

Amenities That Cater to Everyone

One of the standout features of The EDGE is its ****tennis court****, providing an

excellent place for both casual players and serious competitors to enjoy the game. The facility also offers Wi-Fi access, ensuring that members can stay connected while working out or relaxing in the sauna. For families, this fitness center is considered **good for kids** with options that cater specifically to younger patrons. However, while the amenities are numerous, some members have expressed concerns about **accessibility**. Although there is a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, many machines and facilities might not be easily accessible to all users, particularly those with mobility challenges.

The Atmosphere and Environment

The atmosphere at The EDGE Sports & Fitness has been described as friendly and welcoming. Many members appreciate the kindness of the staff, which greatly enhances the overall experience. However, some have noted that recent renovations have changed the dynamics of the gym. The conversion of weight rooms and turf into pickleball courts has led to a **crowded** environment, especially during peak hours, making it less than ideal for traditional weight training.

Membership Insights

A **membership** is required to use the facilities, and while many find value in their investment, others have reconsidered their memberships due to the changes in equipment availability and space. One member mentioned their satisfaction with the **physical therapy** services provided at the center, indicating that personal training options contribute positively to the gym's offerings.

Facilities and Fitness Options

With multiple options for workouts, The EDGE boasts an array of facilities, including a sauna for relaxation post-workout. Members appreciate having access to a shower facility, enhancing the convenience of their visits. The gym is well-equipped with cardio machines, weights, and even unique features such as cryo chairs and massage chairs. Despite some complaints about outdated equipment and poor ventilation in certain areas, the general consensus is that the gym serves diverse fitness needs. Whether you're interested in group classes, personal training, or simply using the gym for self-directed workouts, there are ample choices available.

Conclusion

Overall, The EDGE Sports & Fitness is recognized for its community-oriented approach and wide range of activities. While changes have left some members feeling dissatisfied, many continue to enjoy what the facility has to offer. Whether you are looking for a place to play tennis, engage in a vigorous workout, or spend quality time with your family, this fitness center remains a

noteworthy option in South Burlington.

We are at

142 W Twin Oaks Terrace, 05403 South Burlington, Vermont - United States (US)

The phone of the respective **Fitness center** is +1802-658-0001

And if you want to send a WhatsApp, you can do so at +1802-658-0001

Our service hours are:

Day	Hours
Monday	7?AM–6?PM
Tuesday	7?AM–5?PM
Wednesday	5:30?AM–9?PM
Thursday	5:30?AM–9?PM
Friday	5:30?AM–9?PM
Saturday	5:30?AM–9?PM
Sunday	5:30?AM–8?PM

The website is The EDGE Sports & Fitness

In case you want to alter any detail that you believe is not precise related to this page, we urge you to send us a message so that we will correct it as soon as possible. With anticipation thank you very much.

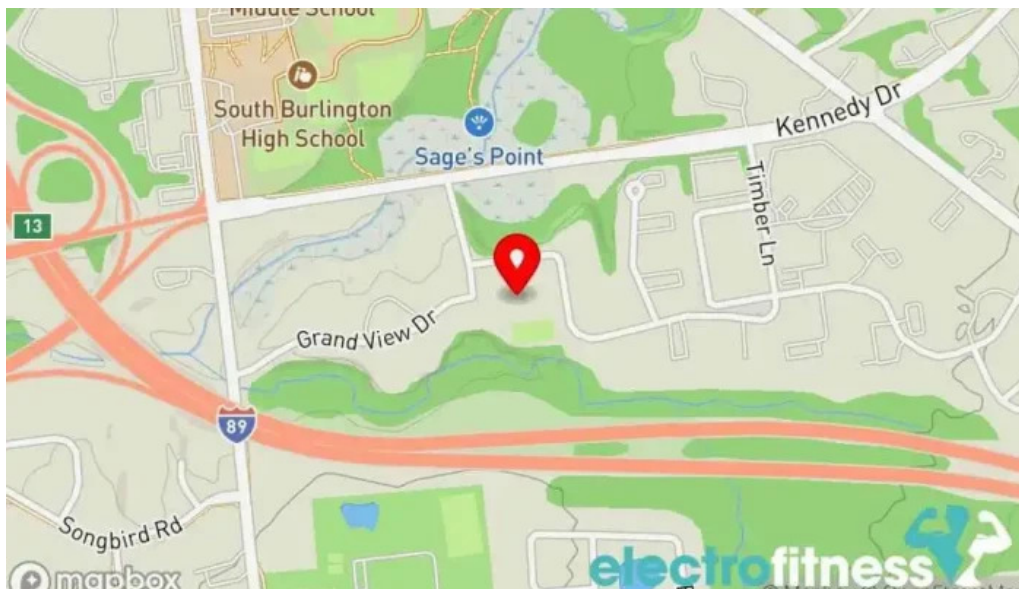
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The edge sports fitness south burlington



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Tags

Sauna, Shower, Children, Membership required, Accessibility, Has a tennis court, Wheelchair-accessible entrance, Good for kids, Amenities, Atmosphere, Wi-Fi, Planning, Wheelchair-accessible car park

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