




## AQUATIC CLASSES

## August 2017

	<b>Essex</b> Morse Drive 879-7734	<b>South Burlington</b> Eastwood Drive* 658-0002	<b>Williston</b> Wellness Drive 860-3343
<b>M</b>	<b>8:30 am</b> Just My Speed Nicki <b>10:00 am</b> Aqua Fit Nancy <b>11:30 am</b> Arthritis Nancy <b>5:30 pm</b> Aqua Fit Makeey	<b>9:00 am</b> Cardio Wave Manon <b>10:15 am</b> Just My Speed (45 min) Manon <b>5:30 pm</b> Cardio Combo Cindy	<b>10:00 am</b> Aquatic Body Conditioning (cp) Bethe <b>11:00 am</b> Arthritis (pp) Bethe
<b>Tu</b>	<b>5:45 am</b> Cup of Joe Shanna <b>11:30 am</b> Arthritis Manon <b>12:30 pm</b> Liquid Tai chi Cat	<b>9:00 am</b> Water Wave Challenge Mary Jean <b>5:30 pm**</b> Power Waves Carol	<b>11:00 am</b> Arthritis (pp) Bethe
<b>W</b>	<b>8:30 am</b> Aqua EDGE (E2) Linda <b>8:30 am</b> Aquatic Body Conditioning Nicki <b>10:00 am</b> Aqua Fit Nancy <b>11:30 am</b> Arthritis Nancy <b>5:30 pm</b> Cardio Combo Stephanie N	<b>9:00 am</b> Cardio Wave Manon <b>10:15 am</b> Just My Speed (45 min) Manon <b>5:30 pm</b> Cardio Combo Cindy	<b>10:00 am</b> Aquatic Body Conditioning (cp) KC <b>11:00 am</b> Just My Speed (pp) KC
<b>Th</b>	<b>5:45 am</b> Cup of Joe Shanna <b>11:30 am</b> Arthritis Bethe <b>12:30 pm</b> Liquid Tai chi Carol <b>5:30 pm</b> Aqua Fit Makeey	<b>9:00 am</b> Water Wave Challenge Manon	<b>11:00 am</b> Arthritis (pp) Josette
<b>F</b>	<b>8:30 am</b> Aquatic Body Conditioning Linda <b>10:00 am</b> Aqua Fit Linda	<b>9:00 am</b> Aqua Power Elzy <b>10:15 am</b> Just My Speed (45 min) Elzy	<b>10:00 am</b> Cardio Combo (cp) KC <b>11:00 am</b> Aqua Combo (pp) KC
<b>S</b>	<b>8:15 am</b> Cardio Combo Stephanie	<b>9:00 am</b> Power Waves Cindy/Manon	
<b>Su</b>	<b>2:00pm</b> Aqua Fit (E2) Makeey	<b>9:00 am</b> Aqua Zumba Lynn	

Williston: PP = Program Pool, CP = Competition Pool.

Essex: all classes held at E1 Morse Dr. pool unless otherwise noted. E2= Gauthier Drive Pool

**Arthritis/ Arthritis Plus Classes** – Designed for many types of rheumatic diseases and related manifestations. Swim skills not needed. Club and pool are handicap accessible. **Free for members, \$35/month for non-members.**

**Aquatic Body Conditioning** – A moderate to high intensity cardio segment and muscle conditioning followed by stretching.

**Aqua EDGE** – This fast paced water class provides a great cardiovascular workout to the latest music. It will challenge participants at every level, from beginner to experienced participant. Use of an AquaStep is optional. This class is held in the competition pool at E2 on Gauthier Drive. No swimming skills are required for this class.

**Aqua Fit** – A moderate to high intensity class that combines cardio with strength building. Class is appropriate for all ages and fitness levels.

**Aqua Power** – Get your heart working in the cardio segment, then strengthen muscle and improve balance and coordination for a well rounded workout.

**Aqua Zumba** Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Cardio Combo** – Uses various formats of interval training combined with toning for a complete workout!

**Cup of Joe** – This early morning water class is geared towards active seniors, athletes recovering from injuries, expecting mothers, and members looking to boost their overall fitness in a low-to-no impact environment. We start the class with power-walking for strength, then transition to a rebounding cardio workout and end with abdominal exercises focusing on balance, strength, and flexibility. Rehabbing Runners are welcome and can run throughout the class. We will be playing music and using water barbells.

**Energizer** – The morning class that gets your day started right! Class includes a warm-up, 30 – 40 minutes of cardiovascular exercise, followed by a cool down and stretching.

**Just my speed** – Low intensity moves followed by stretching and toning make this class perfect for beginners, mom's to be, seniors, etc.

**Liquid Tai Chi** – Combine the beautiful, flowing movements of tai chi with the resistive and relaxing properties of water. Perfect for all fitness levels. **Free for members; non-members \$25/month.**

**Power Waves** – Alternate between aerobic intervals and active recovery for a great cardio and calorie burning workout.

**Water Wave Challenge** – An aerobic workout that uses the water's natural resistance to increase cardio fitness.

**Participants must shower before entering the pool.**

**Water shoes are strongly recommended for all classes to prevent slipping and provide needed support.**

Check out our website at [www.edgevt.com](http://www.edgevt.com)



reserves the right to substitute instructors without prior notice and to cancel classes due to lack of participation. Schedules are subject to change monthly and are posted on the 25<sup>th</sup> of each month.

**“Like” the EDGE GROUP FITNESS page on FACEBOOK!** This is where you will find news, updates, and information specific to all group fitness classes at all EDGE locations!