

Group Fitness



August 2017

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace	Williston Wellness Drive
M	<div>6:00am  brian</div> <div>9:00 am  kim</div> <div>9:40 am  kim</div> <div>12:00 pm  heather</div> <div>4:15 pm  aimee</div> <div>5:30 pm  sara</div>	<div>Classes in studio 1 unless noted</div> <div>6:00 am  jess</div> <div>8:00 am  jen s</div> <div>9:10 am  donna</div> <div>9:45 am <b>Step Interval</b> donna</div> <div>10:30 am  (studio 2) leonora</div> <div>12:00 pm  michelle</div> <div>5:30 pm  ❖(studio 2) jenny</div> <div>5:45 pm  laura</div>	<div>6:00 am  sarah b</div> <div>8:25 am  jenn t</div> <div>12:00 pm  steph</div> <div>4:30 pm  abby</div> <div>5:35 pm  beth/ashley</div>
T	<div>6:00am  betsy</div> <div>8:15 am  kim</div> <div>9:20 am  athletic jenn t</div> <div>12:00 pm  kim</div> <div>12:30 pm  kim (flexibility 30 min)</div> <div>4:15 pm  courtney</div> <div>5:30 pm <b>Step &amp; Tone</b> makeey</div>	<div>8:00 am  3.1(45minutes) rosalie</div> <div>8:50 am  rosalie</div> <div>10:30 am  ❖(studio 2) leonora</div> <div>4:30 pm  christy</div> <div>5:40 pm  christy</div> <div>6:20 pm  lynn</div>	<div>8:45 am  kathy</div> <div>9:50am  kathy</div> <div>12:00 pm  heather</div> <div>5:30 pm  brian</div> <div>6:35 pm  jenn t</div>
W	<div>7:20am <b>Functional Fitness</b> jon</div> <div>8:30 am  kim</div> <div>12:00 pm  melissa</div> <div>4:15 pm  jessica</div> <div>5:30 pm  christy</div>	<div>5:45 am  greg</div> <div>8:15 am  caitlin</div> <div>9:25 am  donna</div> <div>10:35 am  kathy</div> <div>4:30 pm  steph</div> <div>5:30 pm  ❖(studio 2) jenn</div>	<div>6:00 am  betsy</div> <div>4:30 pm  jen</div> <div>5:40 pm  jen</div>
Th	<div>5:30 am  brian</div> <div>8:15 am  kim</div> <div>12:00 pm  kathy</div> <div>5:10 pm  betsy</div> <div>5:45 pm  betsy</div>	<div>6:00 am  caitlin</div> <div>8:00 am  michelle</div> <div>9:05 am  jessy</div> <div>10:30 am  (studio 2) kathy m</div> <div>12:00 pm  rosalie</div> <div>5:45 pm  ashley</div> <div>6:15 pm  ❖(studio 2) jenny</div>	<div>8:45 am  kathy</div> <div>9:50 am  kim</div> <div>5:30 pm  andrea</div>
F	<div>6:00 am  laura</div> <div>7:25 am <b>Strength +</b> marlena</div> <div>8:30 am  michelle</div> <div>9:35 am  melissa</div> <div>11:20 am  kim</div> <div>12:00 pm  kim</div>	<div>5:45 am  carisa</div> <div>8:15 am  jen</div> <div>9:20 am  jen</div> <div>10:30 am  ❖(studio2) crystal</div> <div>12:00 pm  heather</div> <div>5:15 pm  jenn t</div>	<div>7:55 am  betsy</div> <div>8:30am  janet f</div> <div>5:00 pm  sarah</div>
S	<div>7:45 am  rosalie</div> <div>9:00 am <b>Step</b> makeey</div> <div>10:15 am  michelle</div>	<div>7:25 am  aimee</div> <div>8:00 am  beth/aimee</div> <div>10:00 am  ❖(studio2) lynn</div> <div>10:30 am  janet</div>	<div>7:15 am  brian</div> <div>8:20 am ***  ***</div> <div><b>Athletic weeks 1 &amp; 3</b> steph/jenn t</div> <div>9:30 am  jenn t</div> <div>10:40 am  courtney</div>
S	<div>7:45 am  nesreen /brian</div> <div>9:00 am  courtney</div> <div>10:15 am  beth</div>	<div>7:45 am  ashley</div> <div>9:00 am  jess</div>	<div>8:15 am  caitlin</div> <div>9:20 am  caitlin</div>

Most classes are taught with modifications to accommodate all fitness levels. Inform instructors of any physical limitations. **Instructors are subject to change and we reserve the right to cancel classes due to lack of participation.** Please arrive to class on time. *Classes may be cancelled if less than 3 participants are present at the time class is to begin.*

## **Body Sculpting/Muscle Conditioning**

**Core Strength & Flexibility** Through Pilates, yoga and functional strength exercises you will improve core strength, flexibility, range of motion and balance. We use a variety of equipment such as stability balls, hand weights and resistance tubing. All levels welcome.

**Strength +** This strength class is appropriate for all fitness levels. Class will vary and exercises will be modified according to participants needs.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## **Floor Aerobics**

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

## **Step Aerobics**

**Step** Step aerobics followed by abdominal work and a stretch makes this class a popular choice.

**Step Interval** Step aerobics with intervals of strength training. This format sends the heart rate soaring.

**BODYSTEP®** - The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out.

**BODYSTEP® Athletic** - Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. It is particularly appealing to males.

## **Other Options**

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

**BODYVIVE™** and **BODYVIVE™ 3.1** an all round low-impact workout that lets you choose just how hard you work. It's ideal for those new to group fitness, those returning to exercise or rehabilitating after an injury, pre and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility.



Revolutionary Core Training! This 30 minute class is a challenging core workout that features a mix of isolation exercises and integrated moves. "Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong."

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**BODYJAM** Get dancing and toned with **BODYJAM!** BODYJAM is the ultimate combination of music, culture and dance. The dance moves to the latest music from hip hop to house, drum & bass - get lost in the music and moves and have fun!



Dance away your worries in this "feel –happy" class. Motivating music, high energy instruction, "fun and easy to do" movements make this the perfect class for fat burning and total body toning. It's a mixture of body sculpting movements with easy to follow dance steps. Come check it out. All fitness levels encouraged.

**Functional Fitness** is designed to increase pelvic stability and core strength. Class will begin with stabilizing exercises and progress into multi-joint strengthening. Core strength and proper form will be emphasized. All movements will be designed to mimic activities of daily life – this class is appropriate for beginners and seniors!



**STRONG by Zumba™** combines high intensity interval training with the science of Synced Music Motivation

**\*\*  in Williston on Saturdays will be BODYSTEP® Athletic on the 1<sup>st</sup> & 3<sup>rd</sup> weeks & Traditional BODYSTEP® - on the 2<sup>nd</sup> & 4<sup>th</sup> weeks**

## **Schedules are subject to change**

**For the consideration and safety of all members**

**NO OUTDOOR SHOES in the studios**

**Arrive on time; late arrivals are disruptive**

**[www.edgevt.com](http://www.edgevt.com)**

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