









# Mind/Body Classes

December 2017

	<b>Essex</b> Gauthier Drive 879-7734	<b>South Burlington</b> W. Twin Oaks Terrace 658-0001	<b>Williston</b> Wellness Drive 860-3343
Monday	Classes in Mind/Body studio unless noted  <b>9:15 am</b> Yoga (75 min)* ashley     <b>6:30 pm</b> Sivananda Yoga (75 min) hedi	Classes in Studio 2 unless noted <b>9:00 am</b> Vinyasa Flow TBA <b>10:00 – 10:15 am</b> Meditation TBA <b>10-10:45 am</b> Gentle Pilates (Eastwood Drive Gym) Jody/Mary Jean  <b>12:00pm</b>  michelle <b>7:00 pm</b> Vinyasa Flow debbie	
Tuesday	<b>10:30 am</b> Gentle Yoga (GF studio) sarah k <b>11:30 – 11:45 am</b> Meditation (GF studio)sarah k   <b>12:30 pm</b> 30 min flexibility (GF studio) kim <b>6:00 pm</b> Flow yoga sarah k	<b>10:00 am</b> Gentle Yoga (75 min) (Eastwood Dr ) tba	<b>6:00 am</b> Flow Yoga jean
Wednesday	<b>9:00 am</b> Gentle Yoga noelle	<b>10:00 am</b> Tai Chi & Qigong (Eastwood Dr) Elizabeth   <b>10:35 am</b> michelle  <b>7:00 pm</b> Ashtanga Inspired debbie	
Thursday	<b>10:30 am</b> Gentle Yoga sarah k   <b>6:00 pm</b> Sivananda yoga (90 min) hedi	 <b>9:05 am</b> jessy studio 1 <b>10:10 am</b> Gentle Yoga ashley (Eastwood Dr)	<b>6:00 am</b> Vinyasa Flow debbie  <b>3:30 pm</b> Tai Chi & Qigong Elizabeth
Friday	<b>9:45 am</b> Yoga (75 min)* noelle	 <b>5:15pm</b> jenn t	
Saturday	 <b>10:15 am</b> jessy (GF studio)	<b>9:10 -10:10am</b> Core Strength & Flexibility (studio 1) janet f.	
Sunday	<b>8:45 am</b> Flow Yoga (75 min) Beth   <b>5:00pm</b> heather (GF studio)	<b>10:00 am</b> Power Flow (75 min) lily	<b>9:20 am</b>  caitlin

\*not recommended for beginners

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

## **Class Descriptions**

<b><u>Hatha Yoga –</u></b>	A gentle inward experience. Centering pranayama and safe techniques are taught. A great place to start.
<b><u>Fitness Yoga–</u></b>	A moderate-paced class with simple poses anyone can do. Work your core, relieve stress and stretch the entire body. A great addition to any fitness routine.
<b><u>Gentle Yoga–</u></b>	An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned, balanced and centered. Very relaxing. Good for everyone.
<b><u>Astanga Inspired–</u></b>	Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class.
<b><u>Power Flow–</u></b>	Explore ways to develop your flexibility and balance through poses and breathing. Connect the mind, body and soul in this POWERFUL class. Deep stretching and core work.
<b><u>Flow Yoga</u></b>	Flow yoga is a beginner–intermediate level class that moves the body in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.
<b><u>Vinyasa Flow–</u></b>	An eclectic blend of a variety of yoga traditions. Flexibility in the body promotes flexibility in the mind. Breath by breath and movement by movement we become fully present in the moment.
<b><u>Yoga–</u></b>	Listing indicates instructor choice. Class may be modified dependant on attendees.
<b><u>Sivananda Yoga–</u></b>	Yoga for the body, mind & soul. Includes pranayana (science of breath), all the asanas (postures), relaxation & meditation.
<b><u>Meditation –</u></b>	Provides an introduction to several methods of meditation. Personal time allowed. Open to everyone.
<b><u>Mat Pilates–</u></b>	Achieve overall fitness by training the mind, body and breath to work together. Develop core and abdominal strength as well as increased range of motion and flexibility.
<b><u>Core Strength &amp; Flex.–</u></b>	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.
<b><u>Gentle Pilates–</u></b>	Same as our Mat Pilates class but only Level 1 (beginner) exercise are done. This class moves a bit slower but is very effective. Perfect for seniors and beginners.
<b><u>Tai Chi/Qigong:</u></b>	One of the oldest exercise methods is practiced around the world for its many health and relaxation benefits. Slow, gentle and relaxed movements are combined with focused, deep breathing. Suitable for all ages and fitness levels.



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.

**Schedules are subject to change. Classes are 1 hour unless otherwise noted. Classes may be cancelled if there are less than 3 participants.**

**DO NOT enter the studio after class has begun; NO outdoor shoes in the studio.**

**Check our website for schedules and updates [www.edgevt.com](http://www.edgevt.com)**