



## Golden Edge (Classes designed for our Active Senior Members) Jan 2018

	<b>Essex</b> Gauthier Drive 879-7734	<b>South Burlington</b> Eastwood Drive 658-0002	<b>Williston</b> Wellness Drive 860-3343
M	<b>10:45 am</b> Fitness for Fun <small>marlena</small>  <b>2:00 pm Functional Fitness*</b> sherrill	<b>9:00 am</b> Stride & Strong Mary Jean/Jody <b>10:00 am</b> Gentle Pilates Mary Jean/Jody (45 min)  <b>10:30 am</b>  (Zumba Gold) leonora <small>(w. twin oaks terrace studio 2)</small>	<b>10:30 am – 11:00 am</b> Functional Strength dave
Tu	<b>8:15 am-8:45 am</b> Functional Strength (gym) <small>betsy</small> <b>10:30 am</b> Gentle Yoga <b>11:30 am</b> Meditation	<b>9:00 am Creative Cardio</b> cindy <b>10:00 am</b> Gentle Yoga (75 min) (Eastwood Dr) tba	
W	<b>9:45 am</b> Fitness for Fun jody <b>2:00 pm Functional Fitness*</b> sherrill	<b>9:00 am</b> Stride & Strong <small>sherrill</small> <b>10:00 am</b> Tai chi & Qigong Elizabeth	<b>10:30 am- 11:00 am</b> Functional Strength dave (class held in the fitness center)
Th	<b>8:15 am-8:45 am</b> Functional Strength (gym) <small>betsy</small> <b>10:30 am</b> Gentle Yoga	<b>9:00 am</b> Creative Cardio <small>cindy</small> <b>10:10 am</b> Gentle Yoga (Eastwood Dr) <small>ashley</small>	<b>3:30 pm Tai chi &amp; Qigong</b> Elizabeth
F	<b>1:15 pm Functional Fitness*</b> sherrill	<b>9:00 am</b> Stride & Strong <small>linda</small>	

Classes are 60 minutes unless otherwise noted.

## **CLASS DESCRIPTIONS**

**Creative Cardio:** 45 minutes of low impact cardio that is fun and easy to follow with a 15 minute cool down and stretch.

**Stride & Strong:** This class incorporates walking on the track, strength and stretching.

**Gentle Yoga:** Increase overall balance, alignment, posture and flexibility as you relax and gain a calm awareness of your body.

**Functional Strength:** Exercises and movements in this class are designed to mirror and help you perform everyday life activities. Class will focus on strength and balance to keep you active. This class will help keep the mature adult moving.

**Fitness for Fun:** This class incorporates gentle, low impact aerobics with a strength workout and stretching.

**Gentle Pilates:** Same as our Mat Pilates class but only Level 1 (beginner) exercise are done. This class moves a bit slower but is very effective.



This dance class will inspire you to move and have fun. Taught at a slower pace than other Zumba classes. Perfect for anyone!

**\*Functional Fitness:** This 60 min class will improve your overall fitness for everyday life. Class will combine stretching, cardio, free weight exercises, bodyweight exercises, balance and core work for integrated, functional fitness. Chairs may or may not be used for assisted or isolated movements; options and modifications for all levels. Class is available to non-members for \$30/month unlimited or \$5/class drop in fee.



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

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

**“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!