



# AQUATIC CLASSES

# September 2018

	<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                Stephanie	<b>9:00 am</b> Cardio Surge          Manon <b>10:15 am</b> Just My Speed (45 min) Manon  <b>5:30 pm</b> Cardio Surge          Cindy	<b>9:00am</b> Cardio Surge(cp) Kory
<b>Tu</b>	<b>5:30 am</b> Cup of Joe                Shanna  <b>11:30 am Arthritis Meg starts 9/11</b> <b>12:30 pm</b> Liquid Tai chi        Cat	<b>9:00 am</b> Innovative Edge Mary Jean	<b>11:00 am Arthritis (pp)</b> <b>Sally</b>
<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	<b>9:00 am</b> Cardio Surge          Elzy <b>10:15 am</b> Just My Speed (45 min) Elzy  <b>5:30 pm</b> Cardio Surge          Cindy	<b>9:00 am Cardio Surge</b> <b>(cp)</b> <b>KC</b> <b>10:00 am Cardio Splash</b> <b>(pp)</b> <b>KC</b>  <b>11:00 am Arthritis Plus (pp)</b> Josette
<b>Th</b>	<b>5:30 am</b> Cup of Joe                Shanna  <b>11:30 am Joints &amp; More Carol</b>  <b>12:30 pm</b> Liquid Tai chi        Carol  <b>5:30 pm</b> Cardio Surge (E2)      Makeey	<b>9:00 am Cardio Surge</b> Manon  <b>5:30 pm Aqua Zumba Mikavla</b>	<b>11:00 am Arthritis Plus (pp)</b> Josette
<b>F</b>	<b>8:30 am</b> Aquatic Body Conditioning Linda <b>10:00 am</b> Aqua Fit                Nancy	<b>9:00 am</b> Innovative Edge Manon/TBA  <b>10:15 am</b> Just My Speed (45 min) Manon/TBA	<b>9:00 am</b> Innovative Edge(cp) KC  <b>10:00 am Cardio Splash(pp)</b> KC
<b>S</b>	<b>8:15 am</b> Cardio Combo            Stephanie	<b>9:00 am</b> Cardio Surge 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**

**COOL WATER CLASSES (these classes are held at E2, SB, and the CP pool in Williston)** (Pool temperatures range from 81-85 degrees)

**WARM WATER CLASSES (these classes are held at E1 and the PP in Williston)**  
(Pool temperatures range from 90-92 degrees)

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

**Cardio Surge** – A fast-paced aquatic workout with interval training, plyometrics and power moves. Use the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility. Be prepared to sweat, even in the water.

**Innovative Edge** - Powerful, low impact moves to get your heart working in the cardio segment, then strengthen muscles with a variety of tools and improve balance and coordination for a well-rounded workout.

**Aqua Fit** – Get an awesome workout without all of the jumping. Impact lowered exercises in the pool provide a fun yet challenging workout for all levels.

**Arthritis/Arthritis Plus** – Designed for many types of rheumatic diseases and joint conditions. Gentle movements in the water that target range of motion, core strength, flexibility and balance. Arthritis Plus includes some low impact movements for advanced participants. Swim skills not needed. Club and pool are handicap accessible. **Free for members, \$35/month for non-members.**

**Joints & More – NEW!**- Focus will be similar to the arthritis class but will add variations which may include use of equipment and low impact moves. Class is appropriate for all types of joint conditions or for participants with limited mobility, those pre or post joint replacement surgery, etc. Those with an arthritis only membership are welcome to attend.

**CardioSplash** – Feel the surge of power in the water. This class combines low intensity cardiovascular exercises with body sculpting equipment. Pool noodles and dumbbells are utilized to target all muscle groups.

**Cup of Joe**- This early morning 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. Start with power-walking for strength, transition to a rebounding cardio workout and end with abdominal exercises focusing on balance, strength, and flexibility. Rehabbing runners are welcome and can run in the water throughout the class.

**Just My Speed** –Low intensity, low impact moves followed by stretching and toning make this class perfect for beginners, mom's to be, and seniors. Leave feeling refreshed, stretched and energized.

**Liquid Tai Chi** – Combine the beautiful, flowing movements of Tai Chi with the resistive and relaxing properties of warm water. Perfect for all fitness levels who are looking for toning and increased flexibility. **Free for members; non-members \$25/month.**

**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)



EDGE reserves the right to substitute instructors without prior notice and to cancel classes due to lack of participation. Schedules are subject to change monthly