

Group Fitness



October 1-12* 2018

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace	Williston Wellness Drive
M	<p>6:00am LES MILLS CXWORX brian</p> <p>9:00 am LES MILLS CXWORX kim</p> <p>9:40 am LES MILLS BODYCOMBAT kim</p> <p>12:00 pm LES MILLS BODYPUMP abby</p> <p>4:15 pm LES MILLS BODYATTACK™ aimee</p> <p>5:30 pm LES MILLS BODYPUMP sara</p>	<p>Classes in studio 1 unless noted</p> <p>6:00 am LES MILLS BODYATTACK™ jess</p> <p>8:00 am LES MILLS BODYPUMP courtney</p> <p>9:10 am LES MILLS CXWORX donna</p> <p>9:45 am Step Interval donna</p> <p>10:30 am ZUMBA FINEST (studio 2) leonora</p> <p>12:00 pm LES MILLS BODYFLOW michelle</p> <p>4:30 pm LES MILLS BODYJAM andrea</p> <p>5:30 pm ZUMBA FINEST (studio 2) jenny</p> <p>5:45 pm LES MILLS BODYPUMP laura</p>	<p>6:00 am LES MILLS BODYPUMP sarah b</p> <p>8:25 am LES MILLS BODYSTEP jen s</p> <p>4:30 pm LES MILLS BODYPUMP jason</p> <p>5:35 pm LES MILLS BODYCOMBAT ashley/beth</p>
T	<p>6:00am LES MILLS BODYPUMP betsy</p> <p>8:15 am LES MILLS BODYPUMP kim</p> <p>9:20 am LES MILLS BODYSTEP athletic jenn t</p> <p>12:00 pm LES MILLS CXWORX kim</p> <p>12:30 pm LES MILLS BODYFLOW kim (flexibility 30 min)</p> <p>4:15 pm LES MILLS BODYCOMBAT courtney</p> <p>5:30 pm Step & Tone makeey</p>	<p>8:00 am tone (45minutes) michelle</p> <p>8:50 am LES MILLS CXWORX michelle</p> <p>10:30 am ZUMBA FINEST (studio 2) leonora</p> <p>12:00 pm LES MILLS BODYPUMP heather</p> <p>4:30 pm LES MILLS BODYPUMP jenn t</p> <p>5:35 pm LES MILLS CXWORX jenn t</p> <p>6:20 pm ZUMBA FINEST christian/jenn</p>	<p>8:45 am tone kathy</p> <p>9:50am LES MILLS BODYPUMP caitlin</p> <p>5:30 pm LES MILLS BODYFLOW charissa</p> <p>6:35 pm LES MILLS BODYPUMP carisa</p>
W	<p>6:00 am LES MILLS BODYATTACK™ betsy</p> <p>8:30 am LES MILLS BODYCOMBAT kim</p> <p>12:00 pm LES MILLS BODYPUMP melissa</p> <p>4:15 pm LES MILLS BODYPUMP margo</p> <p>5:30 pm LES MILLS BODYPUMP christy</p>	<p>5:45 am LES MILLS BODYPUMP greg</p> <p>8:15 am LES MILLS BODYATTACK™ caitlin</p> <p>9:25 am LES MILLS BODYPUMP donna</p> <p>10:35 am LES MILLS BODYFLOW michelle</p> <p>4:30 pm tone steph</p> <p>5:30 pm ZUMBA FINEST (studio 2) jenn</p>	<p>6:00 am LES MILLS BODYPUMP jess r</p> <p>4:30 pm LES MILLS BODYPUMP jen</p>
Th	<p>5:30 am LES MILLS BODYCOMBAT brian</p> <p>8:15 am LES MILLS BODYPUMP kim</p> <p>12:00 pm LES MILLS BODYSTEP kathy</p> <p>5:10 pm LES MILLS CXWORX betsy</p> <p>5:45 pm LES MILLS BODYCOMBAT betsy</p>	<p>6:00 am LES MILLS BODYATTACK™ caitlin</p> <p>8:00 am tone michelle</p> <p>9:05 am LES MILLS BODYFLOW jessy</p> <p>10:30 am ZUMBA FINEST (studio 2) kathy m</p> <p>12:00 pm LES MILLS BODYPUMP jenn t</p> <p>5:45 pm LES MILLS BODYPUMP ashley</p> <p>6:15 pm ZUMBA FINEST (studio 2) christian</p>	<p>8:45 am LES MILLS BODYPUMP abby</p> <p>9:50 am LES MILLS BODYCOMBAT kim</p> <p>5:30 pm LES MILLS BODYATTACK™ kari</p>
F	<p>6:00 am LES MILLS BODYPUMP laura</p> <p>7:25 am Strength + marlena</p> <p>8:30 am tone michelle</p> <p>9:35 am LES MILLS BODYPUMP melissa</p> <p>11:20 am LES MILLS CXWORX kim</p> <p>12:00 pm LES MILLS BODYCOMBAT kim</p>	<p>5:45 am LES MILLS BODYPUMP carisa</p> <p>8:15 am LES MILLS BODYATTACK™ jen</p> <p>9:20 am LES MILLS CXWORX jen</p> <p>10:30 am ZUMBA FINEST (studio2) robyn</p> <p>12:00 pm LES MILLS BODYPUMP heather</p> <p>5:15 pm LES MILLS BODYFLOW jenn t</p>	<p>5:00 pm LES MILLS BODYPUMP sarah</p>
S	<p>7:45 am LES MILLS BODYPUMP rotation</p> <p>9:00 am Step makeey</p> <p>10:15 am LES MILLS BODYFLOW jessy</p>	<p>7:25 am LES MILLS CXWORX aimee</p> <p>8:00 am LES MILLS BODYATTACK™ kari</p> <p>10:00 am ZUMBA FINEST (studio2) lynn</p> <p>10:30 am LES MILLS BODYPUMP janet</p>	<p>7:15 am LES MILLS BODYCOMBAT brian</p> <p>8:20 am ***BODYSTEP***</p> <p>Athletic weeks 1 & 3 steph/jenn t</p> <p>9:30 am LES MILLS BODYPUMP jenn t/margo</p> <p>10:40 am LES MILLS BODYCOMBAT courtney</p>
S	<p>7:45am LES MILLS BODYCOMBAT kim</p> <p>9:00 am LES MILLS BODYPUMP margo</p> <p>10:15 am LES MILLS BODYCOMBAT beth</p>	<p>7:55 am LES MILLS BODYPUMP charissa</p> <p>9:00 am LES MILLS BODYATTACK™ jess</p>	<p>8:15 am tone caitlin</p> <p>9:20 am LES MILLS BODYFLOW caitlin</p> <p>10:30 am LES MILLS BODYJAM andrea</p>

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.*

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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.

tone

Created from the foundations of BODYVIVE 3.1, LES MILLS TONE maintains the original 3 in 1 training style - a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workouts.

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

LES MILLS CXWORX 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."

LES MILLS 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!

ZUMBA 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.

**** LES MILLS BODYSTEP in Williston on Saturdays will be BODYSTEP® Athletic on the 1st & 3rd weeks & Traditional BODYSTEP® - on the 2nd & 4th 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

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