



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

	Essex Gauthier Drive 879-7734	South Burlington Eastwood Drive 658-0002	Williston Wellness Drive 860-3343
M	10:45 am Fitness for Fun <small>marlena</small> 2:00 pm Functional Fitness* (class held in mind/body studio) <small>brian</small>	9:00 am Stride & Strong <small>Jody</small>  10:30 am <small>leonora</small> (w. twin oaks terrace studio 2)	10:30 am – 11:00 am Functional Strength <small>dave</small>
Tu	8:15 am-8:45 am Functional Strength (mind/body studio) <small>betsy</small> 10:30 am Gentle Yoga (group ex studio) <small>lori</small> 11:30 am Meditation <small>lori</small>	9:00 am  <small>robyn</small> 10:10 am Gentle Yoga (75 min) (Eastwood Dr) meredith	
W	9:00 am Gentle Yoga <small>noelle</small> 9:45 am Fitness for Fun <small>jody</small> 10:15 am <u>SUNSHINE Chair Yoga hedi</u> 2:00 pm Functional Fitness* (class held in mind/body studio) <small>brian</small>	8:30 am Stride & Strong <small>betsy</small> 9:30 am-11:00 am Tai chi & Qigong <small>elizabeth</small>	10:30 am- 11:00 am Functional Strength <small>dave</small> (class held in the fitness center)
Th	8:15 am-8:45 am Functional Strength (mind/body studio) <small>betsy</small> 10:30 am Gentle Yoga (group ex studio) <small>jim d</small>	9:00 am Gentle Yoga (Eastwood Dr) <small>ashley</small> 10:15 am <u>Stride & Strong</u> <small>Jody</small>	
F	1:15 pm Functional Fitness* (class held in mind/body studio) <small>brian</small>	9:00 am  <small>robyn</small>	10:30 am -12:00 pm <u>YANG 24 TAI CHI</u> <small>elizabeth</small>

Classes are 55 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.

Core Strength & Flexibility: Improve core strength, flexibility, and range of motion through a variety of functional strength exercises. We will use a variety of equipment such as stability balls, hand weights, and tubing. All fitness levels welcome.



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

SUNSHINE Chair Yoga Yoga is for everyone! Even if there are physical limitations the benefits of yoga can still be experienced when done in ways that are comfortable and safe. Class starts with “pranayama” (the science of breath) to expand the capacity of the lungs and relax the nervous system thus joining the outer world with the inner world. Poses are practiced with modifications and class ends with a complete relaxation and brief meditation.

YANG 24 TAI CHI Yang 24 is the most popular and frequently practiced form of tai chi in the world. It is a shortened, easy to learn version of Yang used in China as a national exercise program. Its slow, graceful, expansive movements have been shown to have wide-ranging health and fitness benefits.

***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 25th of each month.

Check out our website at 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!