

Group Fitness



February 2019

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

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!

BODYPUMP™ ORIENTATION- This class will cover what to expect and the format of class, set up of the bench and picking your weights, how to use the smart bars, and basic technique of common moves for any Bodypump class. There will be a short demo (2-3 tracks) and class will highlight new moves in the upcoming new release. If you are new to Bodypump or just looking for some advice on technique, this is the perfect class for you.

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

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 barre **NEW!** LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

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.

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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