



## March Indoor Cycling 2019

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace
<b>M</b>	5:30am JAIME <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:00 am RON <small>LES MILLS</small> <b>RPM VIRTUAL</b> 9:00am RON <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm Betsy <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:30pm Betsy <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30pm <b>sprint</b> virtual	<small>LES MILLS</small> <b>RPM</b> JEN 6:15am <small>LES MILLS</small> <b>sprint</b> JEN 7:15am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 9:00am 4:30pm <b>RPM VIRTUAL</b> <small>LES MILLS</small> 5:30pm EDEN
<b>T</b>	<small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:15am 9:00am SEAN 3:00pm <b>RPM VIRTUAL</b> <small>LES MILLS</small> 5:30pm JON	5:45am RON <small>LES MILLS</small> <b>RPM VIRTUAL</b> 8:00am <small>LES MILLS</small> <b>RPM</b> NJAMA 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00pm 5:00pm <b>Orientation</b> <i>March 12<sup>th</sup> only</i> 6:00pm KARYN
<b>W</b>	<small>LES MILLS</small> <b>RPM</b> JIM N 5:30am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:00am 9:00am RON <small>LES MILLS</small> <b>RPM VIRTUAL</b> 11:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 2:15pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:30pm KRISTY <small>LES MILLS</small> <b>RPM VIRTUAL</b> 6:30pm	<small>LES MILLS</small> <b>RPM VIRTUAL</b> 6:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 9:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm 4:30pm <b>RPM VIRTUAL</b> <small>LES MILLS</small> 5:30pm <b>sprint</b> virtual
<b>Th</b>	<small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:15am <small>LES MILLS</small> <b>RPM</b> BETSY 9:00am <small>LES MILLS</small> <b>sprint</b> SEAN 12:00pm 5:45pm <b>sprint</b> virtual	<small>LES MILLS</small> <b>sprint</b> virtual 6:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:15 am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 11:00am <small>LES MILLS</small> <b>RPM</b> NJAMA 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 5:30pm KRISTY <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:00pm
<b>F</b>	5:30am AIMEE <small>LES MILLS</small> <b>RPM VIRTUAL</b> 7:00am 9:00am SEAN <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 2:15pm <small>LES MILLS</small> <b>RPM VIRTUAL</b> 4:00pm	<small>LES MILLS</small> <b>RPM</b> JIM N 5:45am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 8:15am <small>LES MILLS</small> <b>sprint</b> NJAMA 12:15pm 4:15pm <b>RPM VIRTUAL</b> <small>LES MILLS</small>
<b>S</b>	8:00am JAIME 9:30am SEAN <small>LES MILLS</small> <b>RPM VIRTUAL</b> 11:00am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 2:00pm	8:00am AIMEE <small>LES MILLS</small> <b>RPM VIRTUAL</b> 9:15am <small>LES MILLS</small> <b>sprint</b> virtual 12:00pm 4:00pm <b>RPM VIRTUAL</b> <small>LES MILLS</small>
<b>S</b>	<small>LES MILLS</small> <b>RPM</b> KATTIE 8:00am <small>LES MILLS</small> <b>sprint</b> 9:00am KATTIE/SARA <small>LES MILLS</small> <b>RPM VIRTUAL</b> 12:00pm	<small>LES MILLS</small> <b>RPM</b> MARY JEAN 8:30am <small>LES MILLS</small> <b>RPM VIRTUAL</b> 10:00am 2:00pm <b>RPM VIRTUAL</b> <small>LES MILLS</small>

**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

**Please be sure to check in at the front desk to receive your “ticket” for class. You must have this to present to your instructor before you start your ride. Please arrive to class at least 5 minutes prior to the start of class to allow for set up. Be ready to ride at the scheduled start time. In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your bike will be given to a waiting member.**

**Orientation classes:** If you are new to indoor cycling we recommend an orientation class. You will learn proper setup for your bike and the basics of any cycling class. Instructor will explain class formats and take you on a short ride. Class is approximately 45 minutes. Orientations are offered in South Burlington at our West Twin Oaks Terrace facility second Tuesday of the month @ 5pm.

### **LES MILLS RPM**

45 minutes of cycling set to great music with a motivating coach who leads the pack through hills, flats, mountain peaks and speed work.

**Les Mills SPRINT** 30 minute workout of high intensity, designed using an indoor bike to achieve fast results. Built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LM SPRINT workout will motivate you to push your physical and mental limits. Featuring bursts of intensity where you work as hard as possible followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after your workout. You don't need to be a cyclist for a SPRINT class but you will need some level of fitness. We recommend HIIT training 2x/week as part of a balanced workout plan.



Virtual Class RPM™ is an indoor cycling program for developing cardiovascular capacity. Burning up to 500 calories in a single class. RPM™ is about high energy, having fun, and reducing body fat. RPM™ provides fast improvement in general endurance and an increase in lower body strength. Try this 'rock concert on wheels'...you will love it!



Virtual Sprint is a 30 min HIIT class on an indoor bike. Follow motivating international instructors on the big screen with great music and an amazing 30 min of work to get you fitter, faster!

**NOTE: there is a bike set up video 5 minutes prior to the start of all virtual classes.**

All other cycling classes are 55 minutes and instructor choice classes. Format will vary.

**Sign-ups are allowed up to 4 days in advance beginning at 11:00 am online at [www.edgevt.com](http://www.edgevt.com), on our app, or by phone.**  
**Members may sign up for ONE CLASS PER DAY.**

“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!

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

Instructors are subject to change and we reserve the right to cancel classes due to lack of participation. Class may be cancelled if less than 3 participants are present at the time class is to begin.

\*Essex Indoor Cycle Studio Gauthier Dr

\*South Burlington Cycle Studio West Twin Oaks Terrace