

Group Fitness



June 2019

	Essex Gauthier Drive	So. Burlington W. Twin Oaks Terrace	Williston Wellness Drive
M	6:00am LES MILLS CXWORX brian	Classes in studio 1 unless noted	
	9:00 am LES MILLS CXWORX kim	6:00 am LES MILLS BODYATTACK™ jessie j	6:00 am LES MILLS BODYPUMP sarah
	9:40 am LES MILLS BODYCOMBAT kim	8:00 am LES MILLS BODYPUMP courtney	8:25 am LES MILLS BODYATTACK™ jess s
	12:00 pm LES MILLS BODYPUMP abby	9:10 am LES MILLS CXWORX donna	
	4:15 pm LES MILLS BODYATTACK™ aimee	9:45 am Step Interval donna	
	5:30 pm LES MILLS BODYPUMP jacob	10:30 am ZUMBA (studio 2) leonora	4:30 pm LES MILLS BODYPUMP jason
T	6:00am LES MILLS BODYPUMP betsy	8:00 am tone (45minutes)	8:45 am tone kathy
	8:15 am LES MILLS BODYPUMP kim	8:50 am LES MILLS CXWORX rosalie	9:50am LES MILLS BODYPUMP caitlin
	9:20 am LES MILLS BODYSTEP rotation	9:30 am barre jessica t	5:30 pm LES MILLS BODYFLOW charissa
	12:00 pm LES MILLS CXWORX kim	10:30 am ZUMBA (studio 2) leonora	6:35 pm LES MILLS BODYPUMP carisa
	12:30 pm LES MILLS BODYFLOW kim	12:00 pm LES MILLS BODYPUMP heather	
	4:15 pm LES MILLS BODYCOMBAT brian	4:30 pm LES MILLS BODYPUMP christy	
W	6:00 am LES MILLS BODYATTACK™ betsy	5:45 am LES MILLS BODYPUMP greg	6:00 am LES MILLS BODYPUMP janet
	8:30 am LES MILLS BODYCOMBAT kim	8:15 am LES MILLS BODYATTACK™ caitlin	
	12:00 pm LES MILLS BODYPUMP melissa	9:25 am LES MILLS BODYPUMP donna	
	5:30 pm LES MILLS BODYPUMP christy	10:35 am LES MILLS BODYFLOW michelle	
		12:00 pm barre jessica t	
		4:30 pm tone steph	4:30 pm LES MILLS BODYPUMP jen s
Th	5:30 am LES MILLS BODYCOMBAT brian	6:00 am LES MILLS BODYATTACK™ caitlin	
	8:15 am LES MILLS BODYPUMP kim	8:00 am tone kathy	8:45 am LES MILLS BODYPUMP abby
	12:00 pm LES MILLS BODYSTEP kathy	9:05 am LES MILLS BODYFLOW jessy	9:50 am LES MILLS BODYCOMBAT kim
	5:10 pm LES MILLS CXWORX betsy	10:30 am ZUMBA (studio 2) kathy m	
	5:45 pm LES MILLS BODYCOMBAT betsy	12:00 pm LES MILLS BODYPUMP rosalie	4:45 pm barre jess s
		5:45 pm LES MILLS BODYPUMP ashley	5:30 pm LES MILLS BODYATTACK™ kari
F	6:00 am LES MILLS BODYPUMP charissa	6:15 pm ZUMBA (studio 2) christian	
	7:25 am Strength + marlena	5:45 am LES MILLS BODYPUMP carisa	
	8:30 am tone michelle	8:15 am LES MILLS BODYATTACK™ betsy	
	9:35 am LES MILLS BODYPUMP melissa	9:20 am LES MILLS CXWORX betsy	
	11:20 am LES MILLS CXWORX kim	10:30 am ZUMBA (studio2) robyn	
	12:00 pm LES MILLS BODYCOMBAT kim	12:00 pm LES MILLS BODYPUMP heather	5:00 pm LES MILLS BODYPUMP sarah
S	7:45 am LES MILLS BODYPUMP rosalie	5:15 pm LES MILLS BODYFLOW charissa	
	9:00 am Step makekey	7:25 am LES MILLS CXWORX aimee	7:15 am LES MILLS BODYCOMBAT brian
	10:15 am LES MILLS BODYFLOW jessy	8:00 am LES MILLS BODYATTACK™ kari	8:20 am LES MILLS BODYSTEP steph/beth
		10:00 am ZUMBA (studio2) lynn	9:30 am LES MILLS BODYPUMP jacob/margo
S	7:45am LES MILLS BODYCOMBAT kim	10:30 am LES MILLS BODYPUMP janet	10:40 am LES MILLS BODYCOMBAT courtney
	9:00 am LES MILLS BODYPUMP margo		
	10:15 am LES MILLS BODYCOMBAT beth	7:55 am LES MILLS BODYPUMP ashley	8:15 am tone caitlin
	9:00 am LES MILLS BODYATTACK™ jess s	9:20 am LES MILLS 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. No class May – August - ORIENTATION WILL RETURN IN THE FALL

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.

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.

More Options

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.

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.

Cardio Strength Start with a cardio blast and follow it up with strength training. Cardio segment may include traditional floor aerobics, step, cardio kickboxing, etc. During the strength portion, body weight and free weights used to increase overall strength. This class is appropriate for all fitness levels.

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

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