

# December 2019

EDGE LIFE CALENDAR  
LEARN IMPROVE FUN EXPERIENCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Walking Club	6	7
8 Mindfulness Yoga Practices for the Holidays	9	10 Walking Club	11	12 New Year's Goal Success Workshop	13	14
15	16	17 Walking Club	18	19 Senior Holiday Luncheon	20	21
22	23 Open Waterslide 9-11	24	25	26 Free Guest Day	27	28
29	30 Open Waterslide 5-7	31				

See page 2 for details and descriptions

# LIFE Calendar

**Open Waterslide:** A few extra open waterslide times to keep the kiddos busy over school break!  
No sign-up required. FREE event for EDGE members!

**Mindfulness Yoga Practices for the Holidays:** Join Edge yoga instructor, Jim Dunn, for a special 90 minute class of mindfulness yoga! Class will be held at the Edge in Essex at 4pm. Free for Active & Ultimate Edge Members. No pre-registration required.

**New Year's – Goal Success Workshop:** Tired of having great intentions but not being able to make your New Year Resolutions stick? Not sure where to begin when it comes to setting good, effective, and customized goals for yourself? Ready to make real and meaningful goals to help you change your life and are the most of yourself and your health as you head into the New Year? Come and learn how to make 2020 your year!  
Presented by Nicole Adach, Mental Skills Coach at The Edge Preventative Care at the EDGE in Essex (Gauthier Drive) 6-7pm. This is a FREE event for EDGE members – please RSVP to [nicolea@edgevt.com](mailto:nicolea@edgevt.com) to reserve your spot.

**Walking Club:** Come for a walk at our indoor track in Essex (Gauthier Dr.) 10:00-11:00am. This is FREE COMMUNITY EVENT.

**Free Guest Day:** Members may bring a guest for free! Please arrive early to complete necessary forms. Any guest under the age of 18 must have one of our waivers signed by their parents.

**Senior Holiday Luncheon:** Join us for our annual luncheon at The EDGE in Williston at 12:00pm. Sign-up is required and limited to the first 100. Please call 864-8044 or 658-0002 to save your spot. This is a FREE event.

## Holiday Hours

Tuesday, December 24 – all clubs close at 12pm – except Essex, Morse Drive which is closed for the day  
Wednesday, December 25 – Essex, Gauthier Drive is open 7am-11am. All other locations are closed.  
Tuesday, December 31 – all clubs close at 6pm – except Essex, Morse Drive which is closed for the day  
Wednesday, January 1- all clubs open 9am-1pm – except Essex, Morse Drive which is closed for the day