



## Group Fitness June 22-July 5\*

	Essex Gym	Essex Group Fit Studio	Essex Cycle Studio
<b>M</b>	<b>9:00am BODYCOMBAT</b> kim <b>12:00pm BODYFLOW</b> michelle <b>5:30pm BODYPUMP</b> heather	<b>6:00am Virtual BODYPUMP</b> <b>4:30pm Virtual GRIT cardio</b>	<b>10:30am Virtual RPM</b> <b>11:30am Virtual RPM</b> <b>4:00pm Virtual RPM</b>
<b>Tu</b>	<b>8:00am Les Mills TONE</b> michelle <b>4:30pm Mobility &amp; Core</b> caitlin (45min) <b>5:45pm BODYCOMBAT</b> brian	<b>11:00am Virtual BODYPUMP</b> <b>2:00pm Virtual BODYPUMP</b>	<b>6:00am Virtual RPM</b> <b>9:30am Virtual RPM</b> <b>12:00pm Virtual RPM</b> <b>5:30pm Virtual RPM</b>
<b>W</b>	<b>9:00am HIIT</b> (45min) kim <b>12:00pm BODYPUMP</b> kim <b>5:30pm ZUMBA</b> ciara	<b>7:30am Virtual BODYPUMP</b> <b>4:00pm Virtual BODYFLOW</b> <b>6:00pm Virtual BODYCOMBAT</b>	<b>9:00am Virtual RPM</b> <b>10:30am Virtual RPM</b> <b>1:30pm Virtual RPM</b> <b>5:00pm Virtual RPM</b>
<b>Th</b>	<b>8:00am BODYATTACK</b> caitlin <b>10:30am Gentle Yoga</b> jim d <b>4:30pm Les Mills TONE</b> michelle	<b>11:00am Virtual BODYPUMP</b> <b>2:00pm Virtual BODYPUMP</b>	<b>6:00am Virtual RPM</b> <b>9:30am Virtual RPM</b> <b>12:00pm Virtual RPM</b> <b>5:30pm Virtual RPM</b>
<b>F</b>	<b>9:00am BODYPUMP</b> kim	<b>7:30am Virtual GRIT cardio</b> <b>12:00pm Virtual BODYPUMP</b> <b>5:00pm Virtual BODYPUMP</b>	<b>10:30am Virtual RPM</b> <b>11:30am Virtual RPM</b> <b>4:00pm Virtual RPM</b>
<b>Sa</b>	<b>8:00am BODYPUMP</b> caitlin <b>9:30am BODYCOMBAT</b> kim	<b>10:00am Virtual BODYPUMP</b>	<b>11:00am Virtual RPM</b> <b>2:00pm Virtual RPM</b>
<b>Su</b>	<b>8:30am BODYSTEP</b> steph <b>10:00am BODYFLOW</b> michelle	<b>9:00am Virtual BODYCOMBAT</b>	<b>8:00am Virtual RPM</b> <b>11:30am Virtual RPM</b>

**\*Schedule subject to change. For the most up-to-date information visit our scrolling calendar at [www.edgevt.com](http://www.edgevt.com) or check out our EDGE Group Fitness Facebook page.**

### **NO CLASSES SATURDAY JULY 4TH**

**Sign-ups are required for all classes. Sign-ups start 4 days in advance beginning at 11:00 am online at [www.edgevt.com](http://www.edgevt.com) or by phone.**  
**In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your spot will be given to a waiting member.**