



## Group Fitness Aug 17 - 30

	Essex Gym	Essex Group Fit Studio	Williston Field House
<b>M</b>	9:00am BODYCOMBAT kim 5:30pm BODYPUMP heather	6:00am Virtual BODYPUMP 12:00pm Virtual BODYPUMP	6:15am GRIT Cardio (30 min) kari 5:30pm EDGEFitBOX \$ kim
<b>Tu</b>	8:00am Les Mills TONE michelle 5:00pm CXWORX brian 5:45pm BODYCOMBAT brian	11:00am Virtual BODYPUMP 2:00pm Virtual BODYPUMP 5:30pm Virtual BODYPUMP	10:00am Kettlebell HIIT (45 min) kim
<b>W</b>	9:00am HIIT (45min) kim 12:00pm BODYPUMP kim 5:30pm BODYFLOW michelle	7:30am Virtual BODYPUMP 4:30 pm Virtual Grit Cardio 6:00pm Virtual BODYCOMBAT	
<b>Th</b>	8:00am BODYATTACK caitlin 10:30am Gentle Yoga jim d 4:30pm Les Mills TONE michelle	5:45am Virtual BODYCOMBAT 11:00am Virtual BODYPUMP 2:00pm Virtual BODYPUMP 5:30 pm Virtual Grit Athletic	10:00am BODYCOMBAT kim
<b>F</b>	9:00am BODYPUMP kim	7:30am Virtual GRIT Athletic 12:00pm Virtual BODYPUMP 5:00pm Virtual BODYPUMP	
<b>Sa</b>	8:00am BODYPUMP caitlin 9:30am BODYCOMBAT brian	10:00am Virtual BODYPUMP 2:00pm Virtual BODYPUMP	9:00am EDGEPowerBOX \$ kim
<b>Su</b>	8:30am BODYSTEP steph 10:00am BODYFLOW michelle	8:00am Virtual BODYPUMP 1:00pm Virtual BODYPUMP	9:00am BODYATTACK caitlin

**\*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. Class descriptions also available on-line.**

**\$Additional cost for this class – must pay at time of booking**

**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.**