



Group Fitness March 15-28, 2021

	Essex Gym (Live instructor @ the club)	142 W. Twin Oaks Fitness Center (Live instructor @ the club)	EDGE Options
M	9:00am BODYCOMBAT kim 4:00pm BODYCOMBAT emily 5:30pm BODYPUMP heather	6:00am GRIT (30 min) kari 9:00am BODYFLOW michelle 4:30pm Indoor Cycle aimee 5:45pm Zumba jenny	6:00pm Yoga Flow Debbie LIVESTREAM via Zoom (take class from your home)*
Tu	8:30am BODYPUMP kim 5:00pm Les Mills CORE brian 5:45pm BODYCOMBAT beth	8:30am Les Mills TONE michelle 12:00pm RPM (cycle) njama 5:30pm BODYPUMP laura	
W	9:00am BODYCOMBAT kim 4:00pm BODYPUMP 101 (an intro class for beginners <u>3/24 only</u>) 5:30pm BODYFLOW michelle	10:00am BODYPUMP donna 4:30pm BODYSTEP steph 5:45pm Zumba ciara/jenny	
Th	5:30am BODYCOMBAT brian 5:30pm Step & Strength makeey	8:30am Les Mills TONE michelle 5:45pm BODYPUMP jessie	12:00pm BODYFLOW Michelle LIVESTREAM via Zoom (take class from your home)*
F	9:00am BODYPUMP kim	6:00am BODYPUMP heather 9:00am Les Mills CORE & BODYFLOW (30 min each) michelle 12:00pm RPM(cycle) njama 5:30pm BODYFLOW beth	
Sa	7:15am BODYCOMBAT brian 8:30am BODYPUMP sarah 9:45am BODYCOMBAT beth	8:00am BODYSTEP steph 9:15am RPM jen	8:00am BoxingBasics kim (FREE 45 min intro class) 3/20 only <u>Williston Field House @ heavy bags</u>
Su	8:45am Les Mills TONE michelle 10:00am BODYFLOW michelle	7:45am BODYPUMP rosalie 9:00am BODYATTACK kari	

*Registration is required for all classes. Sign-ups start 3 days in advance beginning at 11:00 am online at www.edgevt.com or by phone.

* **Zoom Classes:** *Register for class as usual. Be sure to have the latest version of Zoom downloaded on your device. The link to class will be sent via email 15 minutes before class starts. Please make sure we have your correct email on file. When you enter the class please make sure your name appears on your screen, turn video on and mute your microphone.

*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.

EDGE TEAM TRAINING \$\$

Boxing, Bootcamp, TRX, SPEED for March now on a separate schedule

***EDGEBOXING BASICS**

In this 45 min class learn how to wrap your hands, basic stance and punches. We will practice hitting the bag followed by a short class demo. The different class formats will be explained.

Sign-ups start 1 week before class.

We have a limited supply of wraps available for this class. Wraps are available for purchase at the front desk. We provide boxing gloves.

This class is FREE and open to members and non-members.

Class descriptions:

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™ 101- This class will cover all the BP basics from set up of the bench and picking your weights, to how to use the smart bars, basic technique of common moves for any Bodypump class, and more! There will be a short demo (2-3 tracks) and class will highlight new moves in the upcoming release. If you are new to Bodypump or just looking for some advice on technique, this is the perfect class for you.

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 & Strength 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.

Les Mills 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 55 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 CORE: 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."

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.



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.

Schedule subject to change. For the most up-to-date information visit our scrolling calendar at www.edgevt.com or check out our EDGE Group Fitness Facebook page.