



## Group Fitness April 12<sup>th</sup>-30<sup>th</sup>, 2021

	Essex Gym (Live instructor @ the club)	142 W. Twin Oaks Fitness Center (Live instructor @ the club)	EDGE Options Various locations
<b>M</b>	9:00am BODYCOMBAT kim  4:00pm BODYCOMBAT emily 5:30pm BODYPUMP heather	6:00am GRIT (30 min) kari 9:00am BODYFLOW michelle  5:45pm Zumba jenny	6:00pm Yoga Flow debbie LIVESTREAM via Zoom (take class from your home)*
<b>Tu</b>	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	1:15pm Functional Fitness EDGE 55+ (Eastwood Drive Pickleball courts) dianne
<b>W</b>	9:00am BODYCOMBAT kim  5:30pm BODYFLOW michelle	6:00am BODYATTACK jessie 10:00am BODYPUMP donna  4:30pm BODYSTEP steph 5:45pm Zumba ciara/jenny	
<b>Th</b>	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)*  1:15pm Functional Fitness EDGE 55+ (Eastwood Drive Pickleball courts) betsy
<b>F</b>	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	
<b>Sa</b>	7:15am BODYCOMBAT brian 8:30am BODYPUMP sarah 9:45am BODYCOMBAT beth	8:00am BODYSTEP steph 9:15am RPM (cycle) jen	
<b>Su</b>	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](http://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.

## EDGE TEAM TRAINING \$\$

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

### 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 Boddypump 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 Boddypump 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

**Functional Fitness:** This class will help keep the mature adult moving and improve performance in everyday life activities. This class combines low impact cardio, strength and core. We'll focus on mobility, flexibility, range of motion and balance. A variety of equipment may be used. Such as hand weights, resistance bands and stability balls. Preregistration is required. Space limited.

**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\*<sup>I</sup>**

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.