




AQUATIC & EDGE 55+ CLASSES

February 2022

	Essex Morse Drive (pool) & Gauthier Drive (gym)	South Burlington Eastwood Drive (class held on pickle ball courts)	South Burlington Eastwood Drive (pool lanes 6, 7 & 8)
M	8:30 am Aqua Fit BJ (Morse Drive) 10:00 am Arthritis Nancy (Morse Drive) 1:15 pm Senior Strength (Gauthier Drive) Brian		9:00 am Aqua Fit Linda
Tu	1:00 pm Tai Chi (Gauthier Drive) Brian	8:30 am Functional Fitness Brian	
W	9:00 am Aqua Fit BJ (Morse Drive) 1:15 pm Senior Strength (Gauthier Drive) Brian	10:45 am Zumba Gold 45min (West Twin Oaks Terr K1) Ciara	9:00 am Aqua Fit Linda
Th		8:30 am Functional Fitness Dianne	
F	9:00 am Water Walking (Morse Drive) Nancy 1:15 pm Senior Strength (Gauthier Drive) Brian		
S			10:30 am Cardio Surge Cindy

Classes are 55 min unless otherwise noted.

Space is limited; registration is required for all classes.

Reservations can be made up to 72 hours in advance from start time of class
online or by calling the club

Class Descriptions:

Cardio Surge: A fast-paced aquatic workout with interval training, plyometrics and power moves. Use the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility. Be prepared to sweat, even in the water.

Aqua Fit: Get an awesome workout without all of the jumping. Impact lowered exercises in the pool provide a fun yet challenging workout for all levels.

Arthritis: Designed for many types of rheumatic diseases and joint conditions. Gentle movements in the water that target range of motion, core strength, flexibility and balance. Arthritis Plus includes some low impact movements for advanced participants. Swim skills not needed. Club and pool are handicap accessible.

Water Walking: This is a fun, social, and therapeutic class. Walking in various ways, with different strides and using your arms will help you get in shape and relieve stress. Swim skills not needed.

Senior Strength: This 60 min class will improve your overall fitness for everyday life. Class will combine stretching, cardio, free weight exercises, bodyweight exercises, balance and core work for integrated, functional fitness. Chairs may or may not be used for assisted or isolated movements; options and modifications for all 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.

Tai Chi: Tai Chi is an ancient exercise known for its health benefits. Some benefits of this slow, flowing, low-impact exercise include increased strength, flexibility, coordination and balance as well having positive effects on blood pressure and bone density.

Zumba Gold: Zumba Gold is a modified version of Zumba geared toward active, older adults seeking lower-impact workouts. Enjoy the same great music and energy of a Zumba class with easier to follow moves that are more fluent to minimize stressful jerking, twisting and other potentially harmful motions.

Participants must shower before entering the pool.

**Water shoes are strongly recommended for all pool classes
to prevent slipping and provide needed support.**

Please bring your own towel.

**Gauthier Dr and Morse Dr (Essex) and Eastwood Dr (South Burlington)
locations are handicap accessible.**

No outdoor shoes allowed in the gym or on the pickleball courts.

