

EDGE Active Aging Class Schedule

April 2022



EDGE ACTIVE AGING

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ESSEX (GAUTHIER DRIVE)	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm	Tai Chi 1:00pm-1:55pm	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm		Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm		Golden Rims 12:00pm-2:00pm
ESSEX (MORSE DRIVE)	Aqua Fit 8:30am-9:25am Arthritis 10:00am-10:55am		Aqua Fit 9:00am-9:55am		Aqua Walking Workout 9:00am-9:55am		
SOUTH BURLINGTON (EASTWOOD DRIVE)	Aqua Fit 9:00am-9:55am Zumba Gold 10:30am-11:25am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	Functional Fitness 8:30am-9:25am Gentle Yoga 10:00am-10:55am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	Aqua Fit 9:00am-9:55am Zumba Gold 10:30am-11:25am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	Functional Fitness 8:30am-9:25am Gentle Yoga 10:00am-10:55am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>		Cardio Surge 10:30am-11:25am	

Basketball
 Group Fitness
 Aquatics

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.

About our EAAP Classes

Golden Rims Pick-up basketball for those 55+.

Senior Strength

This class will combine cardio, free-weights, balance and core work as well as stretching, for integrated, functional fitness. *Options and modifications for all levels.*

Zumba Gold

Enjoy the same great music and energy of a Zumba class and recreate the original moves you love at a lower-intensity. Minimize stressful jerking and twisting with easy-to-follow choreography that focuses on balance, range of motion and coordination.

Gentle Yoga

Focus on breathing, muscle tone, balance, flexibility and relaxation in this inspiring class. An opportunity to create unity, oneness and connection, allowing us to explore ways to become aligned, balanced and centered.

Functional Fitness

This class combines low impact cardio, strength and core, with a focus on mobility, flexibility, range of motion and balance. A variety of equipment may be used.

Thai Chi

Benefits of this slow, flowing, low-impact exercise include increased strength, flexibility, coordination and balance as well as positive effects on blood pressure and bone density.

Aqua Fit

A moderate to high intensity athletic aquatic workout incorporating calorie-burning cardio and strength conditioning. Helps improve balance, stability, strength, flexibility and cardio-respiratory endurance outside of the pool.

Arthritis

A community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. This class will include range of motion, strengthening and endurance exercises to reduce fatigue, pain and stiffness and improve day to day function.

Aqua Walking Workout

Water walking requires more effort and ultimately burns more calories than walking on land, while decreasing the impact on the joints. The heated pool can soothe pain and you will improve cardiovascular fitness, balance, and range of motion.

Cardio Surge

Get an awesome workout without all of the jumping. Make the most of low impact exercises in the pool. This class provides a fun yet challenging workout for all levels. Equipment such as noodles and aqua dumbbells may be used.