

# EDGE Active Aging Class Schedule

October 2022 



**EDGE ACTIVE AGING**

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

 **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.