



Group Fitness Classes

Christmas Eve 12/24/2022

Essex

Cycle Studio

7:15 am Virtual RPM
8:30 am Indoor Cycle w/Jaime
10:00 am Virtual RPM
11:00 am Virtual RPM

Group Fitness Studio

7:45 am Virtual BODYPUMP
9:00 am BODYCOMBAT w/Beth
10:30 am Power Yoga w/Sara

South Burlington West Twin Oaks Terrace

Cycle Studio

8:00 am Virtual RPM
9:00 am Virtual RPM
10:30 am Virtual RPM

K1 Studio

7:15 am Virtual CORE
8:00 am BODYSTEP w/Steph
9:15 am BODYPUMP w/Linda
10:30 am Virtual BODYATTACK





New Year's Eve 12/31/2022

Essex

Cycle Studio

7:15 am Virtual RPM
8:30 am Indoor Cycle w/Jaime
10:00 am Virtual RPM
11:00 am Virtual RPM
12:00 pm Virtual RPM
1:00 pm Virtual RPM

Group Fitness Studio

7:45 am Virtual BODYPUMP
9:00 am BODYCOMBAT w/Beth
10:30 am Power Yoga w/Sara
12:15 pm Virtual BODYPUMP

South Burlington

West Twin Oaks Terrace

Cycle Studio

8:00 am Virtual RPM
9:15 am RPM (60 min ride) w/Jen
11:00 am Virtual RPM
12:00 pm Virtual RPM
1:00 pm Virtual RPM

K1 Studio

7:15 am Virtual CORE
8:00 am BODYSTEP w/Steph
9:15 am BODYPUMP w/Kim G
10:30 am ZUMBA w/Regina
11:45 am Virtual BODYBALANCE

Eastwood Dr.

10:30 am Cardio Surge w/Cindy

Kim Graham
Group Fitness Director
kimg@edgevt.com