



Group Fitness Schedule

New Year's Eve 12/31/2022

Essex- Gauthier Dr

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

South Burlington – Eastwood Dr.

10:30 am Cardio Surge w/Cindy

Sign-ups required for all classes as space is limited.





Group Fitness Schedule - New Year's Day 01/01/2023

Essex - Gauthier Dr

10:30 am BODYCOMBAT w/Kim & Andrew

10:15 am Virtual RPM

11:30 am 90-minute Indoor Cycle w/Linda

12:00 pm Virtual BP

South Burlington - 142 West Twin Oaks Terrace

10:15 am Zumba w/Regina

10:30 am RPM w/Njama

11:30 am BODYBALANCE w/Beth

12:00 pm Virtual RPM

12:45 pm Virtual BODYATTACK

1:00 pm Virtual RPM

