



Group Fitness April 2023

	Essex Gauthier Drive <small>*Classes held in the group fitness studio unless otherwise noted.</small>	S. Burlington 142 W. Twin Oaks	S. Burlington & Essex AQUA* & EDGE Active Aging Program (EAAP)
M	8:20am Les Mills CORE Brian 9:00am BODYCOMBAT Kim G Class held in Gym 5:30pm BODYPUMP Andrew Class held in Gym	6:00am GRIT Cardio Ashley 8:00am BODYPUMP Jason 9:15am BODYBALANCE Michelle 10:30am Zumba Gold Ciara (EAAP approved) 4:15pm BODYCOMBAT Emily 5:30pm Zumba Lynn 6:45pm Yoga Flow (K2) Debbie	8:30am Aqua Fit BJ (Morse Dr) 9:00am Aqua Fit Linda (Eastwood Drive) 10:00am Aqua Arthritis Nancy (Morse Drive) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Tu	5:30am BODYPUMP Aimee Class held in Gym 8:30am BODYPUMP Kim G Class held in Gym 9:45am Gentle Yoga Jae (EAAP approved) 10:45am Meditation Jae (15 min)(EAAP approved) 5:45pm BODYCOMBAT Beth	8:30am Les Mills TONE Michelle 10:00am Gentle Yoga (K2) Eve (EAAP approved) 12:00pm RPM (cycle) Njama 4:30pm BODYSTEP Steph 5:45pm BODYPUMP Laura 6:00pm Indoor Cycle Karyn	8:30am Functional Fitness Brian (Eastwood Drive-Tennis Courts) 1:00 pm Taiji (aka Tai Chi) Brian (Group Ex Studio – Gauthier Dr. Essex)
W	8:30am BODYCOMBAT Kim W. 9:30am BODYBALANCE Kim W. 5:30pm BODYPUMP Jason Class held in Gym	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim G 9:15am BODYPUMP Donna 9:15am Foundations to Flow Eric Yoga (K2) Ciara 10:30am Zumba Gold (EAAP Approved) 4:30pm BODYATTACK Marguerite 5:45pm Zumba Jen/Christian 7:00pm Hatha Yoga (K1) Nicole	9:00am Aqua Staff* (Eastwood Drive) 9:00am Aqua Fit BJ (Morse Dr) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Th	8:00am GRIT Cardio Kim G 8:30am Les Mills CORE Linda 9:15am Indoor Cycle Linda (Class held in the cycle studio) 6:00pm Zumba Michelle/Brigid	6:00am BODYPUMP Laura 8:30am Les Mills TONE Michelle 10:00am Gentle Yoga (K2) Eve (EAAP approved) 12:00pm Les Mills SPRINT Njama (cycle)(30 min) Steph 4:30pm TONE Jessie 5:45pm BODYPUMP	8:30am Functional Fitness Brian (Eastwood Drive-Tennis Courts) 8:45am Aqua Fit Elle (Morse Dr) 10:30am Fit for Life (45 min) Brian (Group Ex Studio – Gauthier Dr. Essex)
F	5:30am Indoor Cycle Aimee (Class held in the cycle studio) 8:30am BODYPUMP Andrew Class held in Gym 9:30am BODYCOMBAT Andrew Class held in Gym	8:00am BODYPUMP Linda 9:15am Les Mills CORE Linda 9:45am BODYBALANCE(30min) Jess 10:30am Zumba Rebecca 12:00pm RPM (cycle) Njama 5:30pm BODYBALANCE Beth	9:00 am Aqua Walking Nancy Workout (AWW) (Morse Drive) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Sa	8:30am Indoor Cycle Jaime (Class held in the cycle studio) 9:00am BODYCOMBAT Beth	8:00am BODYSTEP Steph 9:15am BODYPUMP Kim G 9:15am RPM (cycle) Jen 10:30am Zumba (K1) Lynn 10:30am Intro to BODYPUMP (04/08 only) K2 Staff	10:30am Cardio Surge Cindy (Eastwood Drive)
Su	9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Michelle Class held in the Gym	8:00am BODYPUMP Staff* 9:15am BODYATTACK Jess S 3:30pm Head Neck & Shoulder Yoga (75 min) Nicole K1 studio 4/16 only	10:30am Qigong Brian (W. Twin Oaks K2 studio)

Schedule subject to change.

Signups required for all classes. Sign-ups start 72 hours in advance of the class start time online, @ www.edgevt.com, on the EDGE app, or by phone. *Instructor name can be found on the app In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your spot will be given to a waiting member.

Please bring your own mat for yoga, BODYBALANCE, or any class you need/want a mat.

Join us April 15th for the new release launch of our Les Mills Programs – schedule TBA

Class Descriptions:

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYSTEP® - The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Les Mills TONE™ If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 55 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

Les Mills CORE Revolutionary Core Training! This 30-minute class is a challenging core workout that features a mix of isolation exercises and integrated moves.

BODYBALANCE™ (formerly known as BODYFLOW) is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS GRIT Cardio™ is 30-minutes of [high intensity interval training \(HIIT\)](#), developed by experts to deliver transformative results. GRIT Cardio will improve cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.



Dance away your worries in this “feel –happy” class. Motivating music, high energy instruction, “fun and easy to do” movements make this the perfect class for fat burning and total body toning. It's a mixture of body sculpting movements with easy-to-follow dance steps. Come check it out. All fitness levels

Intro to BODYPUMP™ In these classes our goal is for you to feel confident stepping into any class. We will introduce you to the format, talk about what to expect and go over some basic moves. Come prepared to work out as we will actively work on technique and there will be a short demo of class to finish.

Indoor Cycle Instructor will coach riders through a mix of intervals, rolling hills, runs, sprints and climbs to a wide variety of energizing music for cardiovascular endurance and leg strength and endurance.

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding.

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Gentle Yoga: An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned balanced and centered. Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class. Good for everyone. (EAAP approved)

Hatha Yoga We will explore the alignment and strength of our bodies in various yoga poses. Modifications and variations are given, and questions are encouraged. Class is appropriate for all – from beginner to the advanced.

Yoga Flow: Flow through postures in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.

Foundations to Flow Yoga In this class, we'll dive deep into what makes yoga much more than a way to stretch and exercise the muscles. In the beginning of each month, classes will be more like workshops where we explore in detail specific poses, the logic behind the typical cues offered in a flow class, how the breath integrates with flow and why yoga is a practice which trains the mind as much as the body. As the month progresses, we will build upon these foundations with a slow, mindful flow class that will help us integrate the ideas introduced at the beginning of the month. While each month may be treated like a 4-week series, each class will also stand-alone- participants can feel comfortable joining at any time.

Head, neck and shoulder yoga Through gentle and restorative yoga poses, self-massage, and myofascial work with a tennis ball, you'll support your head, neck, and shoulders in this 75-minute class. Through years of looking at a computer, leaning forward to stay focused, or cranking your neck to hold a phone or look at your cell phone, our neck and shoulders can develop a lot of tension. We'll spend time opening our upper back, engaging muscles to help support our head, creating space in the front of our shoulders, and relaxing the head, eye, and neck muscles. The average head weighs 10 pounds. Hopefully you'll leave this class with your head feeling lighter and more balanced on your body. This class is appropriate for all, all are welcome.

EAAP and EAAP Approved Classes:

Taiji: Taiji (aka 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. This class will focus on learning a couple of moves per week building on the Tai Chi sequence. Some previous experience helpful, but not mandatory.

Fit for Life : Improve your flexibility, mobility, balance and core strength in this 45-minute class. These aspects of fitness are essential for safe and enjoyable functional movement. Reduce your chances of falling and enhance your daily activities with this class.

Aqua Arthritis Increase range of motion and strength in your joints without the pain and limitations of working out on land. The water increases your ability to move by providing support and your strength by adding resistance. Class is appropriate for all ages and all types of arthritis or anyone with limited mobility.

Aqua Fit A fast-paced aquatic workout that is fun for all levels. Equipment such as noodles and aqua dumbbells can be used with the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility

Aqua Walking Workout (AWW): This is a fun, social, and therapeutic class. Walking in various ways, with different strides and using your arms will strengthen your core, increase your balance, coordination and flexibility and relieve stress. Swim skills not needed.

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.

Functional Fitness (EAAP) 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. Preregistration is required. Space limited.

Senior Strength (EAAP): 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.

Zumba Gold (EAAP) 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.