

# EDGE Active Aging Class Schedule

July 2023 



**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>Gentle Yoga</b> 9:45am-10:40am  <b>Meditation</b> 10:45am-11:40am  <b>Taiji</b> 1:00pm-1:55pm	<b>Golden Rims</b> 11:00am-12:30pm  <b>Senior Strength</b> 1:15pm-2:10pm	<b>Fit for Life</b> 10:30am-11:15am *(45 min)	<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>Aqua Fit</b> 9:00am-9:55am	<b>Aqua Fit</b> 8:45am-9:40am	<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 *at 142 W. Twin Oaks Terrace, South Burlington	<b>Functional Fitness</b> 8:30am-9:25am <b>Gentle Yoga</b> 10:00am-10:55am *at 142 W. Twin Oaks Terrace, South Burlington	<b>Aqua Fit</b> 9:00am-9:55am  <b>Zumba Gold</b> 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington	<b>Functional Fitness</b> 8:30am-9:25am <b>Gentle Yoga</b> 10:00am-10:55am *at 142 W. Twin Oaks Terrace, South Burlington	<b>Aqua Fit</b> 9:00am-9:55am	<b>Cardio Surge</b> 10:30am-11:25am	<b>Qigong</b> 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington

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.

 **Basketball**
 **Group Fitness**
 **Aquatics**