

## Group Fitness July 2023

9:00am BODYCOMBAT Class held in Gym  5:30pm BODYPUMP Class held in Gym  5:30pm BODYPUMP Class held in Gym  5:30pm BODYPUMP Class held in Gym  9:35pm Strength Development kim 6:30pm Zumba 6:45pm Yoga Flow (k2) No class 7/3 (Gym - Gauthler Dr. Essex)  1:15 pm Senior Strength Briar (Gym - Gauthler Dr. Essex)  8:30am BODYPUMP Class held in Gym 9:45am Gentle Yoga (EAAP approved) 10:45am Meditation (15 min)(EAAP approved) 10:20pm RPM (cycle)  9:00am BODYBALANCE Kim W  9:00am BODYBALANCE  Kim W  9:00am BODYPUMP  5:30pm BODYPUMP  6:00am BODYPUMP  8:00am GRIT Cardio Related to the cycle studio) 9:15am Indoor Cycle (Class held in the cycle studio) 8:30am Les Mills CORE 9:15am Indoor Cycle (Class held in the cycle studio) 8:30am BODYPUMP  5:30am BODYPOMBAT  6:00pm Zumba  8:00am BODYPUMP  5:30am BODYPOMBAT  6:00pm Zumba  8:00am BODYPUMP  6:00am BODYPUMP  6:00am BODYPUMP  7:00pm Hatha Yoga (k1) Nicole  12:00pm Les Mills CPRINT (cycle) 30 min) 12:00pm RPM (cycle) 9:15am Les Mills CORE 9:15am Les Mills CORE 9:15am Les Mills CORE 9:15am BODYPUMP 9:15am Les Mills CORE 9:15am BODYPUMP 9:15am Les Mills CORE 9:15am BODYPUMP 9:15am BODYPUMP 9:15am Les Mills CORE 9:15am BODYPUMP 9:15am BODYPU		_		
**Classes held in the K1 studio unless or therwise noted **  **Signar Les Mills CORE 9::00am BODYCOMBAT   Kin G Class held in Gym   Signar Body PUMP   Class held in Gym   Signar Body PUMP   Class held in Gym   Signar Body PUMP   Signar Body			_	
S.20am Les Mills CORE Signam BODYPUMP Class held in Gym  S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYPUMP Class held in Gym S.30am BODYBALANCE  S.30am BODYPUMP S.30am BODYPUMP S.30am BODYPUMP S.30am BODYBALANCE  S.30am BODYPUMP S.30am		Gauthier Drive	142 W. Twin Oaks	AQUA* & EDGE Active
### Studio unless otherwise noted			*classes held in the K1 studio unless	Aging Program (EAAP)
8:20am Les Mills CORE Brian 9:00am BODYPUMP 9:15am BODYBALANCE Class held in 6ym  5:30pm BODYPUMP Class held in 6ym  5:30pm BODYPUMP Class held in 6ym  5:30pm Surpha Gash eld in 6ym  5:30pm Surpha Gash eld in 6ym  6:45pm Yoga Flow (x2) No class 7/3  10:00am Aqua Fit Linda (RAP approved)  5:30pm Surpha Gash eld in 6ym  6:45pm Yoga Flow (x2) No class 7/3  6:45pm Hoby (x2) No class 7/3  6:45pm Yoga Flow (x2) No class 7/3  8:30am Les Mills TONE  6:00am BODYDUMP  6:00am BODYPUMP  7:15am Floor (x2) Proceed Particles  6:00am BODYPUMP  6:00am BODYPUMP  6:00am GRIT Cardio  8:30am Les Mills TONE  6:00am BODYPUMP  6:00am Roby Flow Yoga (x2)  6:00am BODYPUMP  6:00am Roby Flow Yoga (x2)  6:00am BODYPUMP  6:00am Roby Flow Yoga (x2)  6:00am Roby Flow Yoga (x2)  6:00am BODYPUMP  6:00am Roby Flow Yoga (x2)  6:0		studio unless otherwise noted	otherwise noted	(2 )
9:00am BODYCOMBAT Class held in Gym  5:30pm BODYPUMP Class held in Gym  5:30pm BODYPUMP Class held in Gym  5:30pm BODYPUMP Class held in Gym  9:45pm Strength Development kin 6:45pm Yoga Flow (x2) No class 7/3 (Gym - Gauthler Dr. Bssex)  8:30am BODYPUMP Class held in Gym 9:45am Gentte Yoga (EAAP approved) 10:45am Meditation (15 min)(EAAP approved) 10:20pm RPM (cycle) 10:30am BODYCOMBAT 9:00am BODYBALANCE  S:30pm BODYPUMP  9:00am BODYBALANCE  Min G 6:00am BODYATTACK 8:00am GRIT Cardio 8:30am Cardio 9:15am Foundations to Flow Yoga (EAAP Approved) 12:00pm Strength Development kim 4:30pm BODYATTACK Marguerite 11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  Fig Good Body William 11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Brian (Gym - Gauthler Dr. Bssex)  11:15 pm Senior Strength Mchelle  11:15 pm Senior Strength Mchell			Ashley	(Morse Dr)
Class held in Gym  5:30pm BODYPUMP Class held in Gym  6:45pm Yoga Flow (xz) No class 7/3 Debble  10:00am Aqua Arthritis Nanc (Morse Drive)  1:15pm Strength Development Kim 5:30pm Zumba Gold 6:45pm Yoga Flow (xz) No class 7/3 Debble Class held in Gym 8:30am BODYPUMP Almee Class held in Gym 8:30am BODYPUMP Class held in Gym 9:45am Gentle Yoga (xAP approved)  10:00am Gentle Yoga (x2) Enc (xAP approved)  10:00am Aqua Fit Ecastwood Drive-Pickleball  Class held in Gym Si30am Les Mills TONE Enc (xAP approved)  10:00am BODYAMP  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Class held in the cycle sudio)  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball  Enc (xAP approved)  11:15 pm Senior Strength Ecastwood Drive-Pickleball				
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Si30pm BODYPUMP   Class held in Gym   Si30pm SQDYPUMP   Si30pm SQDYPUMP   Class held in Gym   Si30pm SQDYPUMP   Si30pm SQDYPUMP   Class held in the cycle studio)   Si30pm SQDYPUMP   Si30pm SQDYPUMP   Class held in the cycle studio   Si30pm SQDYPUMP   Si30pm SQDYPUMP   Class held in the cycle studio   Si30pm SQDYPUMP			(LAAF approved)	
Class held in Gym   Andrew   Si.30pm Zumba   Beriare   Givm - Gauthier Dr. Essex)   Briar (Gym - Gauthier Dr. Essex)			4:15pm Strength Development Kim	(Moise Drive)
Class held in Gym		5:30pm BODYPUMP Andrew		1:15 pm Senior Strength Brian
Si.30am BODYPUMP   Almee   Class held in Gym   Si.30am Body   Si.30am Body   Class held in Gym   Si.30am Body   Si.30am Body   Class held in Gym   Si.30am Body   S		Class held in Gym		
Almee   Class held in Gym   8:30am BDDYPUMP   Kim G   Class held in Gym   9:45am Gentle Yoga (R2A)   2:00pm RPM (cycle)   Njama   12:00pm RDDYPUMP   Laura   5:45pm BODYCOMBAT   Beth   5:45pm BODYCOMBAT   Beth   5:45pm BODYCOMBAT   Sisam Bo				
Signam BODYPUMP   Signam BodyPump   Signam Less Mills TONE   Signam Less Mills TONE   Signam BodyPump   Signam SodyPump   Signam SodyPum	Tu	5:30am BODYPUMP		8:30am Functional Fitness Brian
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Class held in Gym   Jaes   Jae   12:00pm RPM (cycle)   Njama				courts)
9:45am Meditation   Jae   12:00pm RPM (cycle)   Njama   Njam			(смам арргоved)	
CEAP approved   10:45am Meditation   10:45am Medi			12:00nm RPM (cycle) Niama	
S:45pm BODYCOMBAT   Beth   S:45pm BODYPUMP   Laura			12.00pm Kri4 (Cycle) Njama	
S:45pm BODYCOMBAT   Beth   S:45pm BODYPUMP   Laura				
9:00am BODYBALANCE Kim W 9:00am BODYBALANCE Kim W 9:00am BODYBALANCE Kim W 9:05am BODYPUMP 9:15am BODYPUMP 9:15am Foundations to Flow Yoga (K2) Starts 7/19 5:30pm BODYPUMP 5:30pm BODYPUMP 5:30pm BODYPUMP 8:00am BODYPUMP 12:00pm Strength Development Kim 4:30pm BODYATTACK Marguente 5:45pm Zumba Jason 12:00pm Hatha Yoga (K1) Nicole 6:00am BODYPUMP 8:00am BODYPUMP 12:00pm Hatha Yoga (K1) Nicole 6:00am BODYPUMP 12:00pm Hatha Yoga (K1) Nicole 10:00am BODYPUMP (Class held in the cycle studio) 8:30am Les Mills CORE 9:15am Indoor Cycle (Class held in the cycle studio) 8:30am BODYPUMP 12:00pm Intro to BODYPUMP (7/13 only) 12:00pm Intro to BODYPUMP (7/13 only) 12:00pm Intro to BODYPUMP (Class held in the cycle studio) 8:30am BODYPUMP Class held in fym 9:15am Les Mills CORE 9:45am BODYBALANCE Class held in the cycle studio) 9:00am BODYCOMBAT Class held in the cycle studio) 9:00am BODYPUMP Class held in the cycle studio) 9:00am BODYBALANCE Class held in the cycle studio) 9:00am B		(15 min)(EAAP approved)		
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10:30am Zumba Gold (EAAP Approved)   12:90pm Strength Development Kim 4:30pm BODYATTACK   Marguerite 5:45pm Zumba   Jen/Christian 7:00pm Hatha Yoga (K1)   Nicole				(1.0.30 01)
Signar   S				1:15 pm Senior Strength Brian
5:30pm BODYPUMP  5:30pm BODYPUMP  8:00am GRIT Cardio 8:30am Les Mills CORE 9:15am Indoor Cycle (Class held in the cycle studio)  8:00pm Zumba  8:00am GRIT Cardio 8:30am Les Mills TONE 1:5am BODYPUMP  6:00pm Zumba  8:00am GRIT Cardio 8:30am Les Mills TONE 1:5am BODYPUMP  6:00pm Zumba  8:30am Les Mills SPRINT (cycle)(30 min) Njama 1:2:00pm Intro to BODYPUMP  7/13 only)  8:45am Aqua Fit (Morse Dr)  8:530am Indoor Cycle (Class held in the cycle studio)  8:30am BODYPUMP Class held in Gym  9:30am BODYCOMBAT Class held in Gym  9:30am BODYCOMBAT Class held in the cycle studio)  9:00am BODYCOMBAT Class held in the cycle studio)  9:00am BODYCOMBAT Class held in the cycle studio)  9:00am BODYCOMBAT Class held in the Gym  10:30am Zumba Cycle (Class held in the Gym  10:30am Zumba Cycle (Cycle)  10:30am Zumba Cycle (Cycle)  10:30am Zumba Cycle (Cycle)  10:30am Zumba Cycle (Cycle)  10:30am Zumba Cycle (Cass held in the Gym  10:30am Zumba Cycle (Cycle)  10:30am Qigong (W. Twin Oaks K2 studio)				
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Till   S:00am GRIT Cardio   S:30am Les Mills CORE   9:15am Indoor Cycle   (Class held in the cycle studio)   S:30am Indoor Cycle   (Class held in the cycle studio)   S:30am Indoor Cycle   (Class held in the cycle studio)   S:30am Indoor Cycle   (Class held in the cycle studio)   S:30am BODYPUMP   S:45pm BODYPUMP   (Class held in the cycle studio)   S:30am BODYCOMBAT   Class held in Gym   S:30am BODYCOMBAT   Class held in the cycle studio)   S:30am Indoor Cycle   Jaime   S:30am BODYCOMBAT   Class held in the cycle studio)   S:30am BODYCOMBAT   S:30am BODYSTEP   Steph   S:30am BODYCOMBAT   S:30am BO				
Signature   Sign		5:30pm BODYPUMP Jason		
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Class held in the cycle studio   Class held in the cycle studio   Cycle   (30 min )   Njama   12:00pm Intro to BODYPUMP   Nim G   5:45pm BODYPUMP   Jessie   S:30am Indoor Cycle   (Class held in the cycle studio)   S:30am BODYPUMP   Andrew   Class held in Gym   9:30am BODYCOMBAT   Class held in Gym   Pisam BodyBALANCE   Class held in the cycle studio   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Class held in the cycle studio   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Class held in the cycle studio   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Class held in the Gym   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Class held in the Gym   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Pisam BodyBALANCE   Class held in the Gym   Pisam BodyBALANCE   Side   Pisam BodyBALANCE   Pisam BodyBalaNC			10:00am Gentle Yoga (K2) Kally	II • •
Cycle)(30 min) Njama 12:00pm Intro to BODYPUMP (7/13 only) Kim G			12:00nm Les Mills SDDINT	
12:00pm Intro to BODYPUMP (7/13 only)  S:30am Indoor Cycle (Class held in the cycle studio)  8:30am BODYPUMP Class held in Gym 9:30am BODYCOMBAT Class held in Gym 9:30am Indoor Cycle (Class held in the cycle studio)  8:30am Indoor Cycle (Class held in Gym 9:30am BODYCOMBAT Class held in Gym  8:00am BODYBALANCE 10:30am Zumba (K2) 12:00pm RPM (cycle) 12:00pm RPM (cycle) 13:30pm BODYBALANCE  8:00am BODYBALANCE 12:00pm RPM (cycle) 13:30pm BODYBALANCE 13:00pm RPM (cycle) 10:30am Cardio Surge (Eastwood Drive) 10:30am Qigong (W. Twin Oaks K2 studio) 10:30am Qigong (W. Twin Oaks K2 studio)		(Ciass field in the cycle studio)	•	
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Signature   Sign		<b>6:00pm Zumba</b> Briaid		
Sam Bodypump   Andrew Class held in Gym   9:15am Les Mills CORE   Donna   9:45am Bodybalance (30min) Jess   10:30am Zumba (K2)   Rebecca   Ponna   Nancy (Morse Drive)   9:00am Aqua Fit (Eastwood Drive)   1:15 pm Senior Strength (Gym – Gauthier Dr. Essex)   Brian   Class held in the cycle studio)   9:00am Bodypump   Caitlin   Class held in the Gym   10:30am Zumba   Lynn   Ponna   Nancy (Morse Drive)   9:00am Aqua Fit (Eastwood Drive)   1:15 pm Senior Strength (Gym – Gauthier Dr. Essex)   Brian   Class held in the cycle studio)   9:00am Bodypump   Side   Cindy (Eastwood Drive)   Class held in the Gym   10:30am Zumba   Lynn   Class held in the Gym   10:15am Bodypalance   Side   Nancy (Morse Drive)   9:00am Aqua Fit (Eastwood Drive)   Clast held in the cycle studio)   Cindy (Eastwood Drive)   Cindy (Eastwood Dri	F	-		9:00 am Agua Walking
8:30am BODYPUMP Class held in Gym 9:30am BODYCOMBAT Class held in Gym 9:30am BODYCOMBAT Class held in Gym  8:30am Indoor Cycle (Class held in the cycle studio) 9:00am BODYCOMBAT 9:00am BODYCOMBAT Beth  8:00am BODYPUMP 9:15am BODYBALANCE 9:15am BODYBALANCE  8:00am BODYPUMP 9:15am RPM (cycle) 9:00am BODYCOMBAT 9:00am BODYCOMBAT Beth  9:45am BODYBALANCE 12:00pm RPM (cycle) 12:00pm RPM (cycle) 9:00am Aqua Fit (Eastwood Drive)  1:15 pm Senior Strength (Gym – Gauthier Dr. Essex)  10:30am Cardio Surge (Eastwood Drive)  10:30am Qigong (W. Twin Oaks K2 studio)				
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\$8:30am Indoor Cycle (Class held in the cycle studio) 9:00am BODYCOMBAT Beth  9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle  8:00am BODYSTEP Steph 9:15am BODYPUMP YuanYuan 9:15am RPM (cycle) Jen Lynn  10:30am Cardio Surge (Eastwood Drive)  10:30am Cardio Surge (Eastwood Drive)  10:30am Cardio Surge (Eastwood Drive)  10:30am Qigong (W. Twin Oaks K2 studio)		•	5:30pm BODYBALANCE Beth	1:15 nm Senior Strength Prior
Signature   Signature   Steph   Step				
(Class held in the cycle studio) 9:00am BODYCOMBAT Beth 9:15am RPM (cycle) 10:30am Zumba Lynn  9:00am BODYPUMP Class held in the Gym 10:15am BODYPUMP Class held in the Gym Michelle  9:15am BODYPUMP Sill 9:00am BODYPUMP Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle  9:15am BODYPUMP Sill 9:15am BOD	Sa	8:30am Indoor Cycle Jaime	8:00am BODYSTEP Steph	,
9:00am BODYCOMBAT Beth 10:30am Zumba Lynn 9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle 3:30pm Intro to Yoga Practice and (W. Twin Oaks K2 studio)	564			10:30am Cardio Surge Cindy
9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle  8:00am BODYPUMP Katie W. 9:15am BODYATTACK Jess S  10:30am Qigong Brian (W. Twin Oaks K2 studio)		0.00 PODYCOMPAT		
Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle 9:15am BODYATTACK Jess S (W. Twin Oaks K2 studio)		9:UUAM BUDYCOMBAT Beth		
Class held in the Gym 10:15am BODYBALANCE Class held in the Gym Michelle 9:15am BODYATTACK Jess S (W. Twin Oaks K2 studio)	112		8:00am BODYPUMP Katie W.	
10:15am BODYBALANCE Class held in the Gym Michelle 3:30pm Intro to Yoga Practice and	,		9:15am BODYATTACK Jess S	
5.50piii Intro to Toga Fractice and				
Theory (75 min) 7/30 only K1 studio. Fric		Class neid in the Gym Michelle	_	
THEOLY (75 min) 7/50 only KI studio Life			Theory (75 min) 7/30 only K1 studio Eric	

Schedule subject to change – be sure to check the app for the most up to date schedule.

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.

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.

For your safety and comfort, we recommend water shoes for all aqua classes.

## 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**<sup>™</sup> 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.

<u>Les Mills Strength Development</u> Whether you are new to lifting or a seasoned pro; LES MILLS Strength Development will build muscle,

improve your technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor! These 45-minute progressive loading strength-building workouts are designed not only to help you get strong but also to improve your overall technique. July will focus on workouts 1 & 2, setting the foundation for future workouts. No lifting experience necessary! Class is limited to 10 participants.

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

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.

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

**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)

<u>Hatha Yoga</u> 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.

Intro to Yoga Theory & Practice: AKA Yoga for the Skeptical yet Curious: Theory and Experiments about Interoception. Most yoga classes are about 95% practice with a few minutes of theory thrown in. This one is different. We will focus on the logic of yoga practice through the lens of western philosophy and cognitive science in order to gain a better understanding of techniques and practices that come from a culture that can seem very different from our own but were developed to answer that common, ancient human question...how to live a good life. This class is appropriate for all levels.

## **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 as 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. This is an advanced class that assumes previous experience with the sequence. Questions - email Brian fullstature@live.com

Oigong In this class, the group is lead in simple, repetitive, precise set of movements with health benefits. Some of the noted benefits are improvement in balance, flexibility, grounding, stress reduction, and breathing efficiency. No experience necessary and all are welcome! 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.

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. <u>Zumba Gold (EAAP)</u> 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.

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.

<u>Cardio Surge</u> 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.