



Group Fitness July 2023

	Essex Gauthier Drive *classes held in the group fitness studio unless otherwise noted	S. Burlington 142 W. Twin Oaks *classes held in the K1 studio unless otherwise noted	S. Burlington & Essex AQUA* & EDGE Active Aging Program (EAAP)
	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 No class 7/3 Ashley 8:00am BODYPUMP Jason 9:15am BODYBALANCE Michelle 10:30am Zumba Gold Ciara (EAAP approved) 4:15pm Strength Development Kim 5:30pm Zumba Danielle 6:45pm Yoga Flow (K2) No class 7/3 Debbie	8:30am Aqua Fit BJ (Morse Dr) 9:00am Aqua Fit Linda (Eastwood Drive) NO CLASS 7/3 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) Eric (EAAP approved) 12:00pm RPM (cycle) Njama 5:45pm BODYPUMP Laura	8:30am Functional Fitness Brian (Eastwood Drive-Pickleball courts) 1:00 pm Taiji (aka Tai Chi) Brian (Group Ex Studio – Gauthier Dr. Essex)
W	9:00am BODYBALANCE Kim W 5:30pm BODYPUMP Jason	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim G 9:15am BODYPUMP Donna 9:15am Foundations to Flow Yoga (K2) Starts 7/19 Eric 10:30am Zumba Gold Ciara (EAAP Approved) 12:00pm Strength Development Kim 4:30pm BODYATTACK Marguerite 5:45pm Zumba Jen/Christian 7:00pm Hatha Yoga (K1) Nicole	9:00am Aqua Fit Tracie (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 Brigid	6:00am BODYPUMP Laura 8:30am Les Mills TONE Michelle 10:00am Gentle Yoga (K2) Kally 12:00pm Les Mills SPRINT (cycle)(30 min) Njama 12:00pm Intro to BODYPUMP (7/13 only) Kim G 5:45pm BODYPUMP Jessie	8:30am Functional Fitness Brian (Eastwood Drive-Pickleball 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 Katie W. 9:15am Les Mills CORE Donna 9:45am BODYBALANCE(30min) Jess 10:30am Zumba (K2) Rebecca 12:00pm RPM (cycle) Njama 5:30pm BODYBALANCE Beth	9:00 am Aqua Walking Workout (AWW) Nancy (Morse Drive) 9:00am Aqua Fit Linda (Eastwood 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 YuanYuan 9:15am RPM (cycle) Jen 10:30am Zumba Lynn	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 Katie W. 9:15am BODYATTACK Jess S 3:30pm Intro to Yoga Practice and Theory (75 min) 7/30 only K1 studio Eric	10:30am Qigong Brian (W. Twin Oaks K2 studio)

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™ 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.

Les Mills Strength Development 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

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.

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.

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.

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

Qigong 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.

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.

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.