



Group Fitness October 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	AQUA & EDGE Active Aging Program (EAAP)
M	8:20am Les Mills CORE Brian 9:00am BODYCOMBAT Kim G 4:15pm BODYCOMBAT Emily 5:30pm BODYPUMP Andrew Class held in Gym 5:30pm Indoor Cycle Jamie	6:00am GRIT Cardio 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) Debbie	8:30am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Linda (Eastwood Drive SB) 10:00am Aqua Arthritis Nancy (Morse Drive Essex) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex) 5:00 pm Aqua Fit Shanna (Morse 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	8:15am Les Mills TONE Michelle 9:30am Strength Development Jess S 10:00am Gentle Yoga (K2) Eve (EAAP approved) 12:00pm RPM (cycle) Njama 12:00pm Strength Development Kim G (last class 10/10) 4:30pm BODYSTEP Steph 5:45pm BODYPUMP Laura 6:00pm Indoor Cycle Karyn	8:30am Functional Fitness Brian (Eastwood Drive-So. Burlington Pickleball courts) 12:00pm Functional Fitness Brian (Group Fitness Studio- Essex)
W	9:00am BODYBALANCE Kim W 5:30pm BODYPUMP Jason	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim G 9:15am BODYPUMP Donna 10:30am Zumba Gold Ciara (EAAP Approved) 12:00pm BODYPUMP Intro Kim G (10/11 only) 4:15pm Strength Development Kim G 4:30pm BODYATTACK (K2) Marguerite 5:45pm Zumba Jen/Christian 7:00pm Hatha Yoga (K1) Nicole	9:00am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Tracey (Eastwood Drive SB) 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 8:15am Les Mills TONE Michelle 9:30am Strength Development Jess S 10:00am Gentle Yoga (K2) Eric (EAAP approved) 12:00pm Strength Development Kim (last class 10/12) 12:00pm Les Mills SPRINT (cycle 30 min) Njama 4:30pm TONE Steph 5:45pm BODYPUMP Jessie	8:30am Functional Fitness Brian (Eastwood Drive-Pickleball Courts So. Burlington) 8:45am Aqua Fit Elle (Morse Dr Essex) 12:00pm Functional Fitness Brian (Group Fitness Studio- 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	6:00am BODYSTEP Kari 8:00am BODYPUMP Katie W. 9:15am Les Mills CORE Donna 9:45am BODYBALANCE (30 min) 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 Essex) 9:00 Aqua Fit Linda (Eastwood Dr SB) 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 EDGE PowerBOX \$\$ Kim G (class held in the TRIBE Team Training space) 8:00am BODYSTEP Steph 9:15am BODYPUMP Kim G 9:15am RPM (cycle) Jen 10:30am Zumba (K2) Lynn 10:30am EDGE CircuitBOX \$\$ Kim G (class held in the TRIBE Team Training space)	10:30am Cardio Surge Cindy (Eastwood Drive SB)
Su	9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Michelle Class held in the Gym 10:30am BODYPUMP Intro Caitlin (10/08 only)	8:00am Strength Development Jess S 9:00am BODYATTACK Jess S 3:30pm Yoga for Functional Aging (10/29 only) Nicole	10:30am Qigong Brian (W. Twin Oaks K2 studio So. Burlington)

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

Signups required for all classes. \$\$Payment required to register for 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 This is not your typical group fitness class. 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!

Aimed at those wanting to get stronger, LES MILLS Strength Development is a sequence of 12 x 45-minute progressive workouts. These strength-building workouts are designed not only to help you get strong but also to improve your overall technique. No lifting experience necessary! We recommend 2 classes/week. Each week will have a different focus for the workout (ex. Hypertrophy, power and athleticism, pure strength, etc.).

Questions email kingm@edgevt.com **Classes are limited to 11 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

Zumba Gold Zumba Gold is a modified version of Zumba geared toward active, older adults or anyone 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. (EEAP approved)

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. (EEAP approved)

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.

EAAP Classes:

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!

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; hand weights, resistance bands, balls, etc. **For Essex class, please bring your own mat.**

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.

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.

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.

Small Group Training Classes: Payment required at sign up – members \$15/class; non-members \$20/class. Space is limited. Please bring your own wraps. We have a limited supply of gloves.

CircuitBox (starts September 23rd) In this circuit style HIIT class you will train like a boxer with a circuit of total body conditioning, strength training, cardio, and heavy bag work. This class is for all fitness levels, no boxing experience necessary. Every week will present a new challenge and a new workout.

PowerBox – This heavy bag class is you vs. the bag. Authentic training and combinations paired with conditioning exercises. No boxing experience necessary – all fitness levels welcome!

COMBAT Breast Cancer Fundraiser – Mark your calendar for **10/21 at 8:30 am in Essex!** Join us for 2 hours of your favorite Bodycombat tracks followed by a 30 minute gentle yoga class. Minimum donation of \$10 recommended. All proceeds go directly to Making Strides VT.

New Release Launch/GF open house -Mark your calendar for 10/28 – We will have a special schedule with a variety of classes!

Pop-up classes for October!

Yoga for Functional Aging 10/29 only: Your genetic background impacts aging much less than your lifestyle factors. Day to day exercise, eating, and social habits impact our longevity immensely. Planning for healthy aging isn't just about planning to live long, it's also laying a strong foundation so that you are raising the odds that you'll be able to enjoy those golden years. Functional capacity can be defined by our ability to perform the activities of daily life such as retaining balance, getting into and out of cars, lifting grandchildren, rising from the floor, and tackling stairs. The class will focus on (1) stability from the ground up: stable feet and stable hips, (2) strength and flexibility of the shoulder and hip joints, and (3) balance. This gentle yoga class is for all; young and old. The yoga class will be taught by Nicole Carpenter who has just completed her 300-hour Yoga Wellness Educator Certification in addition to her earlier 200-hour Yoga Teacher Training.

*In equipment-based and cycle classes, please arrive 5-10 minutes before the start of class to allow for set up.