

# EDGE Active Aging Class Schedule

October 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>Functional Fitness</b> 12pm-12:55pm	<b>Golden Rims</b> 11:00am-12:30pm  <b>Senior Strength</b> 1:15pm-2:10pm	<b>Functional Fitness</b> 12pm-12:55pm	<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 Arthritis</b> 10am-10:55am  <b>Aqua Fit</b> 5:00-5:55pm		<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 & WEST TWIN OAKS)	<b>Aqua Fit</b> 9:00am-9:55am  <b>Zumba Gold</b> 10:30am-11:25am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	<b>Functional Fitness</b> 8:30am-9:25am <b>Gentle Yoga</b> 10:00am-10:55am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	<b>Aqua Fit</b> 9:00am-9:55am  <b>Zumba Gold</b> 10:30am-11:25am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	<b>Functional Fitness</b> 8:30am-9:25am <b>Gentle Yoga</b> 10:00am-10:55am <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>	<b>Aqua Fit</b> 9:00am-9:55am	<b>Cardio Surge</b> 10:30am-11:25am	<b>Qigong</b> 10:30am-11:25am*  <b>Yoga for Functional Aging</b> 3:30pm-4:45pm 10/29 only* <i>*at 142 W. Twin Oaks Terrace, South Burlington</i>

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

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.

# About our EAAP Classes

**Golden Rims** Pick-up basketball for those 55+.

## Senior Strength

This class will combine cardio, free-weights, balance and core work as well as stretching, for integrated, functional fitness. *Options and modifications for all levels.*

## Zumba Gold

Enjoy the same great music and energy of a Zumba class and recreate the original moves you love at a lower-intensity. Minimize stressful jerking and twisting with easy-to-follow choreography that focuses on balance, range of motion and coordination.

## Gentle Yoga

Focus on breathing, muscle tone, balance, flexibility and relaxation in this inspiring class. An opportunity to create unity, oneness and connection, allowing us to explore ways to become aligned, balanced and centered.

## Functional Fitness

This class combines low impact cardio, strength and core, with a focus on mobility, flexibility, range of motion and balance. A variety of equipment may be used.

## Qigong

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

## Fit for Life

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

## Yoga for Functional Aging (10/29 only)

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.

## Aqua Fit

A moderate to high intensity athletic aquatic workout incorporating calorie-burning cardio and strength conditioning. Helps improve balance, stability, strength, flexibility and cardio-respiratory endurance outside of the pool.

## Arthritis

A community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. This class will include range of motion, strengthening and endurance exercises to reduce fatigue, pain and stiffness and improve day to day function.

## Aqua Walking Workout

Water walking requires more effort and ultimately burns more calories than walking on land, while decreasing the impact on the joints. The heated pool can soothe pain and you will improve cardiovascular fitness, balance, and range of motion.

## 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.