



## Virtual Classes February 2025

|    | Essex Gauthier Drive<br>Group Fitness Studio  | Essex Gauthier Drive<br>Cycle Studio   | S.Burlington WTOT<br>Studio 1  | S.Burlington WTOT<br>Cycle Studio  |
|----|---|--|--|--|
| M  | 5:30am BODYPUMP<br>6:45am BODYPUMP<br><br>12:00pm BODYPUMP<br><br>2:30 pm BODYBALANCE<br>4:30 pm BODYCOMBAT<br><b>7:00pm BODYPUMP</b><br>no class 2/3   | RPM classes every hour<br>starting at<br>5:30am-4:30 pm and<br>7:30pm  | 6:00am GRIT Cardio (30<br>min)<br>6:45am BODYCOMBAT<br><br>12:00pm BODYPUMP<br>3:00pm Les Mills CORE<br>(30 minutes)   | RPM classes every hour<br>on the hour starting at<br>6:00 am; last class starts<br>at 7:00 pm.         |
| T  | 6:00am BODYBALANCE<br>7:45am BODYBALANCE<br>Flexibility (30min)<br><br>3:30pm BODYPUMP<br>5:00pm Les Mills CORE   | RPM classes every hour<br>5:30 am-8:30 am; and<br>11:30 am - 7:30 pm.  | 6:00am BODYPUMP<br><br>11:15am Les Mills CORE<br>(30 minutes)<br>12:15pm BODYPUMP<br>1:30pm BODYBALANCE<br>2:45pm BODYPUMP<br><b>4:30pm Les Mills Dance<br/>(45 min) 2/25 ONLY</b>   | RPM classes every hour<br>on the hour<br>6:00am - 11:00am<br>and 1:00pm-5:00pm                         |
| W  | 6:00am BODYPUMP<br>8:00am BODYATTACK (45 min)<br><br>12:00pm BODYPUMP<br>2:30pm BODYBALANCE<br>4:00pm BODYPUMP  | RPM classes every hour<br>starting at 5:30am; last<br>class starts at 7:30pm                                     | 7:30am Les Mills CORE AB<br>Blast (15 min)<br><br><b>12:00pm BODYCOMBAT</b><br><br>3:00pm BODYPUMP   | RPM classes every hour<br>on the hour starting at<br>6:00 am; last class starts<br>at 7:00 pm.         |
| Th | 10:30am BODYPUMP<br><br>3:45pm BODYBALANCE<br>(45min)<br>4:45pm Les Mills CORE  | RPM classes every hour<br>5:30am -7:30am and<br>10:30am – 7:30pm   | 6:00 am BODYPUMP (45<br>min)<br><b>7:00 am BODYPUMP (45<br/>min) 2/27 ONLY</b><br><br>11:15am Les Mills CORE<br>(30 minutes)<br><br>12:15pm BODYPUMP<br>1:30pm BODYBALANCE<br>3:00pm BODYPUMP  | RPM classes every hour<br>on the hour<br>6:00am & 7:00 am;<br>10:00 am & 11:00am and<br>1:00pm-7:00 pm |
| F  | 5:30am BODYPUMP<br>7:45am BODYBALANCE<br>Flexibility (30min)<br><br>12:00pm BODYPUMP<br>1:15pm Les Mills CORE<br><b>2:30pm BODYBALANCE</b><br>4:00pm BODYPUMP<br><b>5:30pm BODYPUMP 2/14 only</b><br><b>6:45pm BODYPUMP</b> | RPM classes every hour<br>starting at 6:00am; last<br>class starts at 6:00pm.                                    | <b>6:00am GRIT Strength<br/>(30 min)</b><br><br><b>11:00am BODYATTACK</b><br><br><b>12:00pm BODYATTACK</b><br><b>1:15pm BODYBALANCE</b><br><b>2:30pm BODYPUMP</b><br><br><b>3:45pm Les Mills CORE<br/>(30 min) NO CLASS 02/07</b><br><b>4:15pm BODYCOMBAT</b><br><b>NO CLASS 02/07</b> | RPM classes every hour<br>on the hour<br>6:00am-11:00am and<br>1:00pm-6:00pm.                          |
| Sa | 7:15am BODYPUMP (45 min)<br><br>12:30pm BODYPUMP<br><br>2:00pm BODYCOMBAT<br>4:30pm BODYBALANCE   | 7:15am RPM<br><br>RPM classes every hour on<br>the hour starting at<br>10:00am; last class starts<br>at 5:00pm   | 7:15am Les Mills CORE<br><br>11:45am BODYBALANCE<br><br>1:15pm BODYPUMP<br>3:45pm BODYATTACK   | 7:30 am RPM<br>RPM classes every hour<br>on the hour<br>11:00am – 4:00pm.                              |
| Su | 7:30am BODYCOMBAT<br><br>12:15pm BODYPUMP<br>1:30pm Les Mills CORE<br>3:00pm BODYCOMBAT   | 7:15am SPRINT<br><br>RPM classes every hour on<br>the hour starting at<br>8:00am; last class starts at<br>4:00pm | 1:00pm BODYPUMP<br>2:00pm BODYBALANCE<br>Flexibility (30 min)<br>3:00pm BODYPUMP   | RPM classes every hour<br>from 7:15am-3:15pm   |

\*Schedule subject to change. Virtual classes are prerecorded and start on time. Please be set up and ready to go.

Class size is limited. **Signups are required for all virtual classes** and start 72 hours in advance online, on the app or by calling 802-879-7734 x2 or 802-658-0001.

## Virtual 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!

**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 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™** 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. Grit Strength is designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**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.

**LES MILLS DANCE** is a 45-minute high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. The workout is anchored in 3 cardio peaks, a warm-up, and a cool-down.

It combines innovative dance movements with the latest music to drive energy and motivation in every move. With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.