



Group Fitness October 2025

| | 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 | *8:15am Les Mills CORE Kim 9:00am BODYCOMBAT Kim 10:15am Les Mills Strength Development (45 min) Kim 5:30pm BODYPUMP Andrew Class held in Gym 5:30pm Zumba Angel 7:00pm Indoor Cycle (45 min) (10/6 only) Sophia | 8:00am BODYPUMP Jason 8:15am Essentrics® (K2) (EAAP approved) Nicole 9:15am Les Mills TONE (45 min) Katie 10:30am Zumba Gold (EAAP approved) Ciara 4:30pm BODYPUMP (45 min) Jay 5:30pm Zumba Danielle 6:45pm Yoga Flow (K2) Debbie | 8:30am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Kolton (Eastwood Drive SB) 10:00am Aqua Arthritis (Morse Drive Essex) Nancy 12:00pm Les Mills THRIVE (45 min) (Gauthier Dr. Group Fit Studio) Brian 1:15 pm Fit for Life 1 (Gym – Gauthier Dr. Essex) Brian |
| Tu | 5:30am BODYPUMP Aimee Class held in the Gym 8:30am BODYPUMP Kim Class held in the Gym 9:45am Les Mills Pilates (45min) Julia 9:45am Indoor Cycle Sean Class held in Cycle Studio 5:45pm BODYCOMBAT Beth | 7:15am LM SHAPES (45 min) Jen 8:15am BODYATTACK (K2)(45min) Jen 10:00am Gentle Yoga (K2) (EAAP approved) Amelia 12:00pm RPM (cycle) Njama 4:30pm Les Mills TONE (45 min) Steph 5:45pm BODYPUMP Laura | 8:30am Fit for Life 2 Brian (W. Twin Oaks Terr. K1 studio) 1:15 pm Fit for Life 2 Brian (Gauthier Dr. Group fitness studio) |
| W | 9:00am BODYBALANCE Charissa 10:15am Les Mills Strength Development (45 min) Kim 5:30pm BODYPUMP Linda 6:00pm Indoor Cycle (45 min) Kate Class held in the cycle studio | 6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim 8:15am Essentrics® (K2) (EAAP approved) Nicole 9:15am BODYPUMP Donna 10:30am Zumba Gold (EAAP Approved) Ciara 4:30pm BODYPUMP Jason 5:45pm Zumba Jen/Christian | 9:00am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Kolton (Eastwood Dr SB) 12:00pm Les Mills THRIVE (45 min) (Gauthier Dr. Group Fit Studio) Brian 1:15 pm Fit for Life 1 (Gym – Gauthier Dr. Essex) Brian |
| Th | 8:00am GRIT Cardio Kim *8:30am Les Mills CORE Linda 9:15am Indoor Cycle Linda Class held in the cycle studio 5:30pm Step & Strength Makeey | 6:00am BODYPUMP Laura 8:15am Yoga Flow (K2) Nicole 9:30am Zumba (K2) Abby 10:00am POUND (10/30 only) Noah 4:30pm Les Mills TONE (45 min) Steph 5:45pm BODYPUMP Jessie | 8:30am Fit for Life 2 Brian (W. Twin Oaks Terr. K1 studio) 8:45am Aqua Fit Elle (Morse Dr Essex) 1:15 pm Fit for Life 2 (Gauthier Dr. Group fitness studio) Brian |
| F | 5:30am Indoor Cycle Aimee 8:30am BODYPUMP Andrew Class held in the gym *9:30am BODYCOMBAT Andrew 5:30pm Friday Zumba Party (10/24 only) Staff | 7:00am BODYSTEP (45 min) Kari 8:00am BODYPUMP Katie 9:15am Les Mills CORE Donna 10:00am Mindful Yoga (K2) Eric 12:00pm RPM (cycle) Njama 5:30pm BODYBALANCE Beth 5:30pm Friday Zumba Party (10/03 only) K2 Staff | 9:00 am Aqua Walking Workout (AWW) (Morse Drive Essex) Nancy 9:00 Aqua Fit (Eastwood Dr SB) Wendy 1:15 pm Fit for Life 1 (Gym – Gauthier Dr. Essex) Brian |
| Sa | 8:15am Step, Strength & Core Makeey 8:30am Indoor Cycle Jaime Class held in the cycle studio 9:30am BODYCOMBAT Beth | 8:15am LM SHAPES (45 min)(K2) Jen 8:00am BODYSTEP Steph 9:15am BODYPUMP Kim 9:15am RPM (cycle) Jen 9:15am Qigong (K2) Brian 10:30am Zumba Regina 10:30 am Fall Vinyasa Yoga (10/04 only) Lindsay | 10:30am Cardio Surge (Eastwood Drive SB) Cindy |
| Su | 9:00am BODYPUMP Caitlin 10:15am BODYBALANCE Caitlin 10:00 – 11:30am Zumba Fundraiser* 10/12 only Staff Held in the Essex GYM | 8:00am BODYPUMP Katie 9:15am BODYATTACK Marguerite/Kari | 9:00 am Aqua Conditioning (Gauthier Dr.* Essex) Makeey |

Schedule and instructors subject to change without notice.

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

Late arrivals are discouraged as they are disruptive.

*Please note- classes with * before their actual start time is 5 minutes later than posted time.

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, in person at any front desk, 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.

Please note the Gauthier Dr. pool will be closed for routine maintenance from October 3rd – 12th reopening on October 13th.

Les Mills New Release launch weekend – October 24-26 – schedule to be posted Please note that all regularly scheduled classes except 8:30 am Indoor cycle in Essex & 10:30 am Zumba in SB Saturday 10/25 are cancelled Saturday 10/25 & Sunday 10/26

Class Descriptions

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Class is available as a 55 minute or 45-minute workout – see schedule.

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 CORE Revolutionary Core Training! This 30-minute class is a challenging core workout that features a mix of isolation exercises and integrated moves.

BODYBALANCE™ 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 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 45 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 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! 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.). See signups for the focus for specific classes.

Questions email kimg@edgevt.com Class limited to 15 participants.

Les Mills SHAPES SHAPES is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training. Class is limited to 15 participants.

Les Mills PILATES Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

 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. All fitness levels welcome!

Step & Strength This step interval class uses alternating step aerobics and weightlifting segments to focus on cardiovascular fitness, balance, core strength and upper & lower body strengthening.

Step, Strength & Core: This 55-minute class will challenge with 30 minutes of step aerobics for cardiovascular conditioning with imbedded lower body strength followed by 15 of upper body strength and finishing with 10 minutes of core-abdominal strengthening exercises.

POUND® Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.

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. (EAAPapproved)

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.

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)

Slow Flow Yoga: This relaxing yoga class is the perfect way to end a workday. Class includes dynamic and static stretching and mindfulness meditation. This class is a perfect warm up for or cool down from other activities, recovery on a rest day, and/or a way to practice mindfulness and breath work. You'll walk away feeling more limber and centered. The class is appropriate for all levels.

Power Vinyasa Yoga: In this class we will engage the connection between breath, body and mind to generate heat and build strength and flexibility. A dynamic flow of gradually intensifying postures followed by cool down and rest.

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.

Mindful Yoga: In this all-levels yoga class, we pick a theme for the month and dive into some fundamentals of yoga the first couple weeks. We then build upon those principles to create a more typical yoga sequence class in the last couple weeks of the month. You can just drop into a single class or treat it like a series and come every week. Breathwork, movement, meditation and even a little bit of philosophy combine to help you create a personal practice that will not only lead to well-being while on your mat, but throughout your everyday life.

Essentrics®: **Essentrics®** is a dynamic full body workout that helps improve your posture and balance through a dynamic and fluid combination of strengthening and stretching. Suitable for all fitness levels, this program rebalances the body, increasing flexibility and mobility for a healthy, toned, and pain-free body. Class is appropriate for all and is EAAP approved.

Qigong: Qigong (chi kung) is a health system with a history of more than a thousand years. Gentle movements with synchronized breathing balance the body and mind, reducing stress and promoting total-body health. Class is appropriate for all and is EAAP approved.

EAAP Classes:

Les Mills THRIVE: LES MILLS THRIVE is a 45-minute, low impact workout focusing on lower body and core strength to keep older adults fit for life.

Fit for Life 1 & 2: These 55-minute classes combine strength training, flexibility, and mobility exercises to improve daily activities and overall fitness. Fit for Life 1 uses chairs. (These classes were formerly known as Senior Strength and Functional Fitness). FFL 1 uses chairs; FFL 2 is more rigorous than FFL 1. Essex participants – please bring a mat there is floor wor in FFL2.

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, moderate to high intensity aquatic workout that is fun for all levels. Equipment such as noodles and aqua dumbbells may be used with the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility. Options provided to customize the workout to you!

Aqua Conditioning This class is moderately paced and uses only the resistance of the water to build strength, flexibility and balance. This class is held in the pool at Gauthier Dr and is appropriate for anyone.

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 the jumping. Make the most of low impact exercises in the pool. This class provides a challenging and fun workout for all levels. Equipment such as noodles and aqua dumbbells may be used.

Pop-up classes for October

West Twin Oaks Terrace

Zumba Dance Party October 3rd 5:30 pm w/Zumba Staff

Fall Vinyasa Yoga October 4th 11:30am w/Lindsay

Enjoy a moderately-paced Vinyasa-style class involving a continuous flow that links movement to breath. Expect balancing poses, spinal twists, and a cool-down to calm the nervous system. We'll use props such as blocks and blankets to support our practice and embrace the cozy fall season. Leave class feeling lengthened, invigorated, and restored.

POUND® October 30th 10:00 am w/Noah

Essex

Zumba Fundraiser October 12th 10:00am w/Zumba Staff <https://greenmtnadaptive.org/groove-beyond-zumba-fundraiser-benefits-gmas/>

Zumba Dance Party October 24th 5:30pm w/Zumba Staff