



Group Fitness Classes

Christmas Eve

Wednesday 12/24/2025

Essex

Cycle Studio

5:30 am Virtual RPM

6:30 am Virtual RPM

7:30 am Virtual RPM

8:30 am Virtual RPM

10:15 am Indoor Cycle – HOLIDAY RIDE w/Linda & Jaime

Group Fitness Studio

6:00 am Virtual Bodypump

9:00 am BODYBALANCE w/Charissa

10:15 am Virtual BODYPUMP

South Burlington- West Twin Oaks Terrace

Cycle Studio

6:00 am Virtual RPM

7:00 am Virtual RPM

8:00 am Virtual RPM

9:00 am Virtual RPM

10:00 am Virtual RPM

K1 Studio

6:00 am Virtual BODYATTACK

7:30 am Virtual LM CORE AB Blast (15 min)

8:00 am BODYCOMBAT w/Hamutal

9:15 am Virtual BODYPUMP

10:30 am Zumba Gold w/Ciara

K2 Studio

8:15 am Essentrics w/Sharon

*Please note all locations close at noon.

