New Year's Eve
12/31/2025
Group Fitness Schedule

Essex

Cycle Studio

5:30 am Virtual RPM
6:30 am Virtual RPM
7:30 am Virtual RPM
8:30 am Virtual RPM
9:30 am Virtual RPM
10:30 am Virtual RPM
11:30 pm Virtual RPM
12:30 pm Virtual RPM
1:30 pm Virtual RPM
2:30 pm Virtual RPM

Group Fitness Studio

6:00 am Virtual BODYPUMP
9:00 am Virtual BODYBALANCE
10:15 am Strength Development w/Kim
12:00 pm THRIVE w/Brian
1:00 pm Virtual BODYBALANCE
1:15 pm Fit for Life 1 w/Brian (class held in the gym)
2:15 pm Virtual BODYCOMBAT

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
11:00 am Virtual RPM
12:00 pm RPM w/Njama
1:00 pm Virtual RPM
2:00 pm Virtual RPM
3:00 pm Virtual RPM

K1 Studio

6:00 am Virtual BODYATTACK
8:00 am BODYCOMBAT W/Kim
9:15 am BODYPUMP w/Donna
10:30 am Zumba Gold w/ Ciara
12:00 pm Virtual BODYCOMBAT
1:15 pm Virtual BODYBALANCE
2:30 pm Virtual BODYPUMP

K2 Studio

8:15 am Essentrics w/Nicole

South Burlington Eastwood Drive

Pool

9:00 am Aqua Fit w/Makeey