



## New Year's Day 2026 Group Fitness Schedule

### Essex - Gauthier Dr

9:15am BODYPUMP Heavy w/Kim & Linda (Studio)  
New Program Launch!

10:30am Indoor Cycle w/Linda 90 minutes (Cycle Studio)

10:45am BODYCOMBAT (Gym) w/Kim, Brian, Andrew, Rebecca, Beth, & Hamutal

### S. Burlington - 142 W. Twin Oaks Terr

9:15 am ZUMBA (K1) w/Zumba Staff

10:00 am Yoga (K2) w/ Nicole

10:45 am BODYPUMP Heavy (K1) Jen S.  
New Program Launch!

Noon BODYATTACK Retro (K1) w/Jen S.



Sign-ups are required for all classes as space is limited.

Questions? [king@edgevt.com](mailto:king@edgevt.com)

## *Virtual Classes*

### *Essex*

9:30 am Virtual RPM

12:30 pm Virtual RPM

1:30 pm Virtual RPM

2:30 pm Virtual RPM

3:30 pm Virtual RPM

10:30 am Virtual BODYPUMP

11:45 am Virtual CORE

1:30 pm Virtual BODYPUMP

3:00 pm Virtual Bodybalance

### *South Burlington-West Twin Oaks*

10:00 am Virtual RPM

11:00 am Virtual RPM

12:00 pm Virtual RPM

1:00 pm Virtual RPM

2:00 pm Virtual RPM

3:00 pm Virtual RPM

1:30 pm Virtual Bodybalance

2:45 pm Virtual BODYPUMP