







# Golden Edge (Classes designed for our Active Senior Members) Oct 2019

	<b>Essex</b> <b>Gauthier Drive</b> <b>879-7734</b>	<b>South Burlington</b> <b>Eastwood Dr &amp; W. Twin</b> <b>Oaks Terrace</b> <b>658-0002</b>	<b>Williston</b> <b>Wellness Drive</b> <b>860-3343</b>
<b>M</b>	<b>10:45 am</b> Fitness for Fun <span style="float: right;">brian</span>  <b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <span style="float: right;">brian</span>	<b>9:00 am</b> Stride & Strong <small>(Eastwood gym)</small> <span style="float: right;">dianne</span>   <b>10:30 am</b> <span style="float: right;">leonora</span> <small>(Studio 2 West Twin Oaks Terr)</small>	<b>10:30 am – 11:00 am</b> <b>Functional Strength</b> <span style="float: right;">dave</span> <small>(class held in the fitness center)</small>
<b>Tu</b>	<b>8:15 am-8:45 am</b> Functional Strength <small>(mind/body studio)</small> <span style="float: right;">betsy</span>  <b>10:30 am</b> Gentle Yoga <small>(group ex studio)</small> <span style="float: right;">lori</span> <b>11:30 am</b> Meditation <small>(group ex studio)</small> <span style="float: right;">lori</span>	<b>10:10 am</b> Gentle Yoga (75 min) <small>(Eastwood gym)</small> <span style="float: right;">sara</span>   <b>10:15 am</b> <span style="float: right;">robyn</span> <small>(Studio 1 West Twin Oaks Terr)</small>	
<b>W</b>	<b>9:00 am</b> Gentle Yoga <span style="float: right;">noelle</span>  <b>9:45 am</b> Fitness for Fun <span style="float: right;">jody</span>  <b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <span style="float: right;">brian</span>	<b>9:00 am</b> Fitness for Fun <span style="float: right;">tba/marlana</span>	<b>10:30 am- 11:00 am</b> <b>Functional Strength</b> <span style="float: right;">dave</span> <small>(class held in the fitness center)</small>
<b>Th</b>	<b>8:15 am-8:45 am</b> Functional Strength <small>(mind/body studio)</small> <span style="float: right;">betsy</span> <b>10:30 am</b> Gentle Yoga <small>(group ex studio)</small> <span style="float: right;">jim d</span> <b>11:30 am</b> Meditation <small>(group ex studio)</small> <span style="float: right;">jim d</span>	<b>9:00 am</b> Gentle Yoga <span style="float: right;">erin</span> <small>(Studio 2 West Twin Oaks Terr)</small>  <b>9:00 am</b> Stride & Strong <small>(Eastwood gym)</small> <span style="float: right;">jody</span>	
<b>F</b>	<b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <span style="float: right;">brian</span>	<b>9:00 am</b>  <span style="float: right;">robyn</span> <small>(Studio 2 West Twin Oaks Terr)</small>	<b>10:30 am -12:00 pm</b> <b>YANG 24 TAI CHI</b> <small>(no class 10/25)</small> <span style="float: right;">elizabeth</span>

Classes are 55 minutes unless otherwise noted.

## **CLASS DESCRIPTIONS**

**Creative Cardio:** 45 minutes of low impact cardio that is fun and easy to follow with a 15 minute cool down and stretch.

**Stride & Strong:** This class incorporates walking on the track, strength and stretching.

**Gentle Yoga:** Increase overall balance, alignment, posture and flexibility as you relax and gain a calm awareness of your body.

**Functional Strength:** Exercises and movements in this class are designed to mirror and help you perform everyday life activities. Class will focus on strength and balance to keep you active. This class will help keep the mature adult moving.

**Fitness for Fun:** This class incorporates gentle, low impact aerobics with a strength workout and stretching.

**Core Strength & Flexibility:** Improve core strength, flexibility, and range of motion through a variety of functional strength exercises. We will use a variety of equipment such as stability balls, hand weights, and tubing. All fitness levels welcome.



**ZUMBA gold:** This dance class will inspire you to move and have fun. Taught at a slower pace than other Zumba classes. Perfect for anyone!

**\*Functional Fitness:** This 60 min class will improve your overall fitness for everyday life. Class will combine stretching, cardio, free weight exercises, bodyweight exercises, balance and core work for integrated, functional fitness. Chairs may or may not be used for assisted or isolated movements; options and modifications for all levels. Class is available to non-members for \$30/month unlimited or \$5/class drop in fee.



Reserves the right to substitute instructors without prior notice or cancel classes due to lack of participation. Schedules are subject to change and are posted monthly on the 25<sup>th</sup> of each month.

Check out our website at [www.edgevt.com](http://www.edgevt.com)

“Like” the EDGE GROUP FITNESS page on FACEBOOK! This is where you will find news, updates, and information specific to all group fitness classes at all EDGE locations!