



# Golden Edge (Classes designed for our Active Senior Members) March 2020

	<b>Essex</b> Gauthier Drive 879-7734	<b>South Burlington</b> Eastwood Drive & W. Twin Oaks Terrace 658-0002	<b>Williston</b> Wellness Drive 860-3343
<b>M</b>	<b>10:45 am</b> Fitness for Fun <small>marlena</small>  <b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <small>brian</small>	<b>9:00 am</b> Stride & Strong <small>(Eastwood gym)</small> <small>dianne</small>   <b>10:30 am</b> <small>(w. twin oaks terrace studio 2)</small> <small>leonora</small>	<b>10:30 am – 11:00 am</b> Functional Strength <small>dave</small> <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> <small>betsy</small>  <b>10:30 am</b> Gentle Yoga <small>(group ex studio)</small> <small>lori</small> <b>11:30 am</b> Meditation <small>(group ex studio)</small> <small>lori</small>	<b>9:00am am</b> Gentle Yoga <small>(75 min)</small> <small>(Eastwood gym)</small> <small>jill</small>   <b>10:15 am</b> <small>(w. twin oaks terrace studio 1)</small> <small>robyn</small>	
<b>W</b>	<b>9:00 am</b> Gentle Yoga <small>noelle</small>  <b>9:45 am</b> Fitness for Fun <small>Jody</small>  <b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <small>brian</small>	<b>9:00 am</b> Fitness for Fun <small>(45 min)</small> <small>(Eastwood gym)</small> <small>marlena</small>	<b>10:30 am- 11:00 am</b> Functional Strength <small>dave</small> <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> <small>betsy</small> <b>10:30 am</b> Gentle Yoga <small>(group ex studio)</small> <small>jim d</small> <b>11:30 am</b> Meditation <small>(group ex studio)</small> <small>jim d</small>	<b>9:00 am</b> Gentle Yoga <small>lesley</small> <small>(w.twin oaks terrace studio 2)</small>  <b>9:00 am</b> Stride & Strong <small>(Eastwood gym)</small> <small>jody</small>	
<b>F</b>	<b>2:00 pm</b> Functional Fitness* <small>(class held in mind/body studio)</small> <small>brian</small>	<b>9:00 am</b>  <small>(Eastwood gym)</small> <small>robyn</small>	<b>10:30 am -12:00 pm</b> <b>YANG 24 TAI CHI</b> <small>elizabeth</small>

**Classes are 55 minutes unless otherwise noted.**

## **CLASS DESCRIPTIONS**

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

**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.



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

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

**YANG 24 TAI CHI** Yang 24 is the most popular and frequently practiced form of tai chi in the world. It is a shortened, easy to learn version of Yang used in China as a national exercise program. Its slow, graceful, expansive movements have been shown to have wide-ranging health and fitness benefits.

**\*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!

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