


Mind/Body Classes



March 2020

	Essex Gauthier Drive 879-7734	South Burlington W. Twin Oaks Terrace 658-0001	Williston Wellness Drive 860-3343
Monday	Classes in Mind/Body studio unless noted 6:30 pm Sivananda Yoga (75 min) hedi	Classes in Studio 2 unless noted 9:00 am Vinyasa Flow lesley 12:00pm LES MILLS BODYFLOW (studio 1) michelle 7:00 pm Vinyasa Flow debbie	9:30 am LES MILLS barre jess s
Tuesday	10:30 am Gentle Yoga (GF studio) lori 11:30 – 11:45 am Meditation (GF studio) lori 12:00 pm LES MILLS BODYFLOW (GF studio) susan	9:00 am Gentle Yoga (Eastwood Dr) (75 min) jill 9:45 am LES MILLS barre jessica t	6:00 am Flow Yoga jean
Wednesday	9:00 am Gentle Yoga noelle	10:35 am LES MILLS BODYFLOW (studio 1) michelle 7:00 pm Ashtanga Inspired debbie	5:45 pm LES MILLS BODYFLOW jessie
Thursday	10:30 am Gentle Yoga (GF studio) aislinn/cheryl 11:30 – 11:45 am Meditation (GF studio) aislinn/cheryl 6:00 pm Sivananda Yoga (90 min) hedi	9:00 am Gentle Yoga lesley 9:05 am LES MILLS BODYFLOW (studio 1) susan	6:00 am Vinyasa Flow debbie
Friday	9:45 am Yoga* (75 min) noelle	5:15 pm LES MILLS BODYFLOW (studio 1) beth	10:30 am -12:00 pm YANG 24 TAI CHI elizabeth
Saturday	10:15 am LES MILLS BODYFLOW (GF studio) heather	9:10 -10:10am Core Strength & Flexibility (studio 1) janet f.	
Sunday	8:45 am Flow Yoga (75 min) lori	10:00 am Yoga laura	9:20 am LES MILLS BODYFLOW caitlin

*not recommended for beginners

Class Descriptions

- Gentle Yoga-** An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned, balanced and centered. Very relaxing. Appropriate for everyone.
- Astanga Inspired-** Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class.
- Flow Yoga** Flow yoga is a beginner-intermediate level class that moves the body in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.
- Vinyasa Flow-** An eclectic blend of a variety of yoga traditions. Flexibility in the body promotes flexibility in the mind. Breath by breath and movement by movement we become fully present in the moment.
- Yoga-** Listing indicates instructor choice. Class may be modified dependant on attendees.
- Sivananda Yoga-** Yoga for the body, mind & soul. Includes pranayana (science of breath), all the asanas (postures), relaxation & meditation.
- Meditation -** Provides an introduction to several methods of meditation. Personal time allowed. Open to everyone.
- Core Strength & Flex.-** 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.
- 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.

LES MILLS
BODYFLOW BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS
barre **NEW!** LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

Schedules are subject to change. Classes are 1 hour unless otherwise noted. Class may be cancelled if there are less than 3 participants.

DO NOT enter the studio after class has begun; NO outdoor shoes in the studio.
Check our website for schedules and updates www.edgevt.com

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