



## Group Fitness Aug 3- 16

	Essex Gym	Essex Group Fit Studio	Williston Field House
<b>M</b>	<b>9:00am BODYCOMBAT</b> kim <b>12:00pm CXWORX</b> michelle <b>5:30pm BODYPUMP</b> heather	<b>6:00am Virtual BODYPUMP</b> <b>12:00pm Virtual BODYPUMP</b> <b>4:30pm Virtual GRIT cardio</b>	<b>6:15am GRIT Cardio (30 min)</b> kari
<b>Tu</b>	<b>8:00am Les Mills TONE</b> michelle <b>5:00pm CXWORX</b> brian <b>5:45pm BODYCOMBAT</b> brian	<b>11:00am Virtual BODYPUMP</b> <b>2:00pm Virtual BODYPUMP</b> <b>5:30pm Virtual BODYPUMP</b>	<b>10:00am Kettlebell HIIT (45 min)</b> kim
<b>W</b>	<b>9:00am HIIT (45min)</b> kim <b>12:00pm BODYPUMP</b> kim <b>5:30pm BODYFLOW</b> michelle	<b>7:30am Virtual BODYPUMP</b> <b>4:30 pm Virtual Grit Cardio</b> <b>6:00pm Virtual BODYCOMBAT</b>	
<b>Th</b>	<b>8:00am BODYATTACK</b> caitlin <b>10:30am Gentle Yoga</b> jim d <b>4:30pm Les Mills TONE</b> michelle	<b>11:00am Virtual BODYPUMP</b> <b>2:00pm Virtual BODYPUMP</b> <b>5:30 pm Virtual Grit Athletic</b>	<b>10:00am BODYCOMBAT</b> kim
<b>F</b>	<b>9:00am BODYPUMP</b> kim	<b>7:30am Virtual GRIT Athletic</b> <b>12:00pm Virtual BODYPUMP</b> <b>5:00pm Virtual BODYPUMP</b>	
<b>Sa</b>	<b>8:00am BODYPUMP</b> caitlin <b>9:30am BODYCOMBAT</b> kim	<b>10:00am Virtual BODYPUMP</b>	
<b>Su</b>	<b>8:30am BODYSTEP</b> steph <b>10:00am BODYFLOW</b> michelle	<b>9:00am Virtual BODYCOMBAT</b> <b>1:00pm Virtual BODYPUMP</b>	<b>9:00am BODYATTACK</b> caitlin

**\*Schedule subject to change. For the most up-to-date information visit our scrolling calendar at [www.edgevt.com](http://www.edgevt.com) or check out our EDGE Group Fitness Facebook page.**

**Sign-ups are required for all classes. Sign-ups start 4 days in advance beginning at 11:00 am online at [www.edgevt.com](http://www.edgevt.com) or by phone.**

**In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your spot will be given to a waiting member.**