



Group Fitness July 6 - 19

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

***Schedule subject to change. For the most up-to-date information visit our scrolling calendar at 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 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.