



Group Fitness September 8 - 20

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