



## Group Fitness November 1-15

	Essex Gym	142 W. Twin Oaks Fitness Center	EDGE Team Training Small Groups \$
<b>M</b>	<b>9:00am BODYCOMBAT</b> kim <b>4:00pm BODYCOMBAT</b> emily <b>5:30pm BODYPUMP</b> heather	<b>6:00am GRIT</b> (turf 30 min) kari <b>9:00am CXWORX &amp; BODYFLOW strength</b> michelle <b>10:30am Zumba</b> ciara <b>5:30pm Indoor Cycle</b> karyn	<b>5:30am EDGE FIT Force Bootcamp</b> Brian (Essex gym) <b>5:30pm FitBOX</b> Kim (Williston Field House)
<b>Tu</b>	<b>8:00am BODYPUMP</b> kim <b>5:00pm CXWORX</b> brian <b>5:45pm BODYCOMBAT</b> beth	<b>8:30am Les Mills TONE</b> michelle <b>12:00 RPM</b> njama <b>5:30pm BODYPUMP</b> laura	<b>8:30am Speed</b> Dustin (Williston Field House) <b>9:45am FitBOX</b> Kim (Williston Field House)
<b>W</b>	<b>9:00am BODYCOMBAT</b> kim <b>12:00pm BODYPUMP</b> rosalie <b>5:30pm BODYFLOW</b> michelle	<b>6am BODYATTACK</b> jessie <b>10:00am BODYPUMP</b> donna <b>5:45pm Zumba</b> jenny	<b>5:30am EDGE FIT Force Bootcamp</b> Brian (Essex Gym) <b>8:30am TRX Total Body</b> Caitlin (142 W. Twin Oaks rig)
<b>Th</b>	<b>5:30am BODYCOMBAT</b> brian <b>8:00am BODYATTACK</b> caitlin <b>10:30am Gentle Yoga</b> leslie <b>4:00pm CXWORX</b> kim <b>5:30pm Step &amp; Strength</b> makeey	<b>8:30am Les Mills TONE</b> michelle <b>5:45pm BODYPUMP</b> jessie	<b>8:30am Speed</b> Dustin (Williston Field House)
<b>F</b>	<b>9:00am BODYPUMP</b> kim	<b>6:00am BODYPUMP</b> heather <b>9:00am CXWORX &amp; BODYFLOW strength</b> michelle	
<b>Sa</b>	<b>8:00am BODYPUMP</b> caitlin <b>9:30am BODYCOMBAT</b> brian	<b>8:00am BODYSTEP</b> steph <b>9:15am RPM</b> jen	<b>9:15am PowerBOX</b> Kim <b>10:30am PowerBOX</b> Kim (Williston Field House)
<b>Su</b>	<b>8:30am Les Mills TONE</b> michelle <b>10:00am BODYFLOW</b> michelle	<b>7:45am BODYPUMP</b> sarah <b>9:00am BODYATTACK</b> caitlin	<b>10:30am TRX Total Body</b> Caitlin (142 W. Twin Oaks rig)

**\*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.**

**Registration is required for all classes. Sign-ups start 3 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.**



## EDGE Team Training

### Small Group Training Options November 2020

**Sessions \$15 (member) \$20 (nonmembers)**  
**Purchase 10 sessions and get one free! Sessions can be redeemed for any EDGE Team Training program.**

Registration required for all sessions. You can sign up beginning at 11:00 am 3 days in advance online at [www.edgevt.com](http://www.edgevt.com) or by phone. Payment required at time of booking.

Cancellations of less than 2 hours' notice will be charged.

#### **Descriptions:**

**TRX Total Body:** In this class you will use the TRX suspension trainer for a total body, core-focused workout. You will work through a progression of foundational exercises - plank, push, pull, hinge, lunge, squat, and rotate - to improve mobility, endurance, and strength.

**SPEED:** Push your fitness to a different level. Focus in this class is on speed, agility, and strength through interval training. On Tuesdays we practice sprinting, how to sprint, as well as reaping the cardiovascular benefits from it. On Thursdays we do interval weight training with either dumbbells or kettlebells, as well as various bodyweight challenges.

**FIT FORCE Bootcamp:** Get ready for an early morning strength and cardio workout that's intense and fun! This is results oriented training which improves one's health, fitness, and performance. The one hour session consists of effective exercises in a HIIT format to address all aspects of fitness – cardio, strength, endurance, flexibility, and weight management. Appropriate for all fitness levels and abilities.

**Fit Box:** An authentic boxing workout combining proper boxing technique with intervals of cardiovascular work and recovery. Learn the basic punches and defensive moves using a progressive approach throughout the workout - bouts of hitting the heavy bag with rounds of conditioning and cardio to keep the heart pumping. This class is appropriate for all fitness levels and for boxing beginners as well as those with experience. Participants must bring their own wraps & boxing gloves.

**Power Box:** This 55 min class is you vs. the bag! Intense, simple boxing combinations with dynamic movements for a focus on developing reflexes, timing, agility, power, and speed. Participants must bring their own wraps & boxing gloves.