



Group Fitness Nov 30th-Dec 13th

	Essex Gym	142 W. Twin Oaks Fitness Center	EDGE Team Training Small Groups \$
M	9:00am BODYCOMBAT kim 4:00pm BODYCOMBAT emily 5:30pm BODYPUMP heather	6:00am GRIT (turf 30 min) kari 9:00am BODYFLOW michelle 10:30am Zumba ciara 5:30pm Indoor Cycle karyn	5:30pm FitBOX Kim (Williston Field House)
Tu	8:00am BODYPUMP kim 5:00pm CXWORX brian 5:45pm BODYCOMBAT beth	8:30am Les Mills TONE michelle 12:00 RPM njama 5:30pm BODYPUMP laura	8:30am Speed Dustin (Williston Field House) 9:45am FitBOX Kim (Williston Field House)
W	9:00am BODYCOMBAT kim 12:00pm BODYPUMP rosalie 5:30pm BODYFLOW michelle	6am BODYATTACK jessie 10:00am BODYPUMP donna 5:45pm Zumba jenny	8:30am TRX Total Body Caitlin (142 W. Twin Oaks rig)
Th	5:30am BODYCOMBAT brian 8:00am BODYATTACK caitlin 10:30am Gentle Yoga jim 4:00pm CXWORX (45 mins) kim 5:30pm Step & Strength makeeey	8:30am Les Mills TONE michelle 5:45pm BODYPUMP jessie	8:30am Speed Dustin (Williston Field House)
F	9:00am BODYPUMP kim	6:00am BODYPUMP heather 9:00am CXWORX (30 min) michelle 9:30am BODYFLOW (30 min) michelle 5:30pm BODYFLOW beth	
Sa	8:00am BODYPUMP caitlin 9:30am BODYCOMBAT brian	8:00am BODYSTEP steph 9:15am RPM jen 10:15am Zumba ciara	9:00am PowerBOX Kim 10:15am PowerBOX Kim (Williston Field House)
Su	8:30am Les Mills TONE michelle 10:00am BODYFLOW michelle	7:45am BODYPUMP sarah 9:00am BODYATTACK caitlin	10:30am TRX Total Body 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 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 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 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: Returning in January 2021

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.

Descriptions for Les Mills classes can be found at:

<https://www.lesmills.com/us/workouts/all/>

BODYPUMP, BODYCOMBAT, CXWORX, BODYFLOW,
BODYATTACK, TONE, RPM