



Group Fitness January 4th-17th 2021

	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 5:30pm Indoor Cycle karyn	5:30pm FitBOX Kim (Williston Field House)
Tu	8:00am BODYPUMP kim 5:00pm CXWORX kim 5:45pm BODYCOMBAT beth	8:30am Les Mills TONE michelle 12:00pm 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 5:30pm BODYFLOW michelle	6:00am 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 kim/emily 8:00am BODYATTACK caitlin 10:30am Gentle Yoga Jim (live stream from your home via Zoom)* 5:30pm Step & Strength makeey	8:30am TONE michelle 12:00pm RPM njama 5:45pm BODYPUMP jessie	8:30am Speed Dustin (Williston Field House)
F	9:00am BODYPUMP kim	6:00am BODYPUMP heather 9:00am CXWORX & BODYFLOW (30 min each) michelle 5:30pm BODYFLOW beth	
Sa	8:00am BODYPUMP caitlin 9:30am BODYCOMBAT beth	8:00am BODYSTEP steph 9:15am RPM jen	9:00am PowerBOX Kim 10:15am PowerBOX Kim (Williston Field House)
Su	8:45am 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)

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.

*For Zoom classes: sign up for class as usual. A link to the class will be sent to your email 15 minutes prior to class starting.

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.

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



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 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.

FIT FORCE Bootcamp: Returning in January 2021



ZOOM Classes:

- *This is a live stream class that you do at home.
- Register for class as usual. Online or by calling.
- Be sure to have the latest version of Zoom downloaded on your device.
- The link to class will be sent via email 15 minutes before class starts.
- Please make sure we have your correct email on file
- When you enter the class please make sure your name appears on your screen, turn video on and mute your microphone.

Descriptions for Les Mills classes can be found at:

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

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