



## Group Fitness Feb 15-28, 2021

	<b>Essex Gym</b> (Live instructor @ the club)	<b>142 W. Twin Oaks Fitness Center</b> (Live instructor @ the club)	<b>EDGE Team Training Small Groups \$</b> (Various locations)
<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 (turf 30 min)</b> kari <b>9:00am BODYFLOW</b> michelle  <b>4:30pm Indoor Cycle</b> karyn <b>5:45pm Zumba</b> jenny	<b>5:30am EDGE FIT Force Bootcamp *</b> Brian (Essex gym) next session starts March 8- registration opens 2/26
<b>Tu</b>	<b>8:30am BODYPUMP</b> kim  <b>5:00pm Les Mills CORE</b> brian <b>5:45pm BODYCOMBAT</b> beth	<b>8:30am Les Mills TONE</b> michelle  <b>12:00pm RPM(cycle)</b> njama <b>5:30pm BODYPUMP</b> laura	<b>8:30am Speed</b> Dustin (Williston turf)  <b>10:15am FitBOX</b> Kim (Williston @ heavy bags)
<b>W</b>	<b>9:00am BODYCOMBAT</b> kim  <b>5:30pm BODYFLOW</b> michelle	<b>6:00am BODYATTACK</b> jessie <b>10:00am BODYPUMP</b> donna  <b>4:30pm BODYSTEP</b> steph <b>5:45pm Zumba</b> jenny	<b>5:30am EDGE FIT Force Bootcamp *</b> Brian (Essex gym) next session starts March 8- registration opens 2/26
<b>Th</b>	<b>5:30am BODYCOMBAT</b> brian <b>8:00am BODYATTACK</b> caitlin  <b>5:30pm Step &amp; Strength</b> makeey	<b>8:30am TONE</b> michelle  <b>5:45pm BODYPUMP</b> jessie	<b>8:30am Speed</b> Dustin (Williston turf)
<b>F</b>	<b>9:00am BODYPUMP</b> kim	<b>6:00am BODYPUMP</b> heather <b>9:00am Les Mills CORE &amp; BODYFLOW (30 min each)</b> michelle <b>12:00pm RPM(cycle)</b> njama <b>5:30pm BODYFLOW</b> beth	<b>5:30am EDGE FIT Force Bootcamp *</b> Brian (Essex gym) next session starts March 8- registration opens 2/26
<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>8:00am BoxingBasics kim</b> (Free intro class) (45 min) <b>2/27</b> <b>9:00am PowerBOX</b> Kim <b>10:15am PowerBOX</b> Kim (Williston @ heavy bags)
<b>Su</b>	<b>8:45am 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> (142 w. Twin Oaks rig) Caitlin

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.

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



## EDGE TEAM TRAINING

### Small Group Training Options for February

#### **\*EDGEBOXING BASICS**

In this 45 min class learn how to wrap your hands, basic stance and punches. We will practice hitting the bag followed by a short class demo. The different class formats will be explained.

Sign-ups start 1 week before class.

We have a limited supply of wraps available for this class. Wraps are available for purchase at the front desk. We provide boxing gloves.

This class is FREE and open to members and non-members.

#### **\*EDGE FIT-FORCE BOOT CAMP: with Master Trainer/Coach, Brian Rich**

Transform your body and mind to a higher level of fitness, health, and mental well-being. **GET RESULTS** by meeting with your coach three day per week (Mon, Wed, and Fri @ 5:30 am). Your training will be progressive and goal oriented. Starting with the basics and progressing into more advanced and challenging training as your fitness and mental focus improves. You will receive intense, progressive, results driven training; assessments before and after consisting of: # of pushups in a minute, sit-ups in a minute, sit and reach, weight and body fat % plus support of your fellow boot campers and the unparalleled expertise of master trainer Brian Rich.

Maximum number of recruits is 10. Space is limited and payment is due at time of registration.

**Next session starts March 8<sup>th</sup>!** Enrollment starts February 26th.

**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.

**(We have a limited supply of gloves and wraps for sale at the front desk in Williston)**

#### **Team Training Pricing**

**Drop in rate per class: \$15 (member) \$20 (non-members)**

**Purchase 10 sessions and get one free!**

(Sessions can be redeemed for any EDGE Team Training program except Boot Camp).

**Special pricing for Boot Camp only!**

**Buy the full 6 week session for \$229 (\$299 non-members) (meet 3x a week)**

(Boot camp sessions cannot be used for other classes).

**Descriptions for Les Mills classes can be found at:**

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

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