



## Group Fitness September 13<sup>th</sup>-30<sup>th</sup> 2021

	Essex Gym Gauthier Drive	S. Burlington 142 W. Twin Oaks	S. Burlington, Eastwood Dr. & Essex, Morse Drive AQUA & EDGE 55+
<b>M</b>	9:00am BODYCOMBAT kim  5:30pm BODYPUMP jason	8:00am BODYPUMP rosalie 9:15am BODYFLOW michelle  5:30pm Zumba jenny 6:45pm Yoga Flow debbie	10:00am Arthritis (Morse Drive) Nancy  9:00am Aqua Fit (Eastwood Drive) Linda
<b>Tu</b>	5:30am BODYPUMP aimee 8:30am BODYPUMP kim  5:00pm Les Mills CORE brian 5:45pm BODYCOMBAT beth	8:30am Les Mills TONE michelle 10:00am Gentle Yoga eve  12:00pm RPM (cycle) njama  5:30pm BODYPUMP laura	8:30am Functional Fitness EDGE 55+ Dianne  (Eastwood Drive)
<b>W</b>	9:00am BODYCOMBAT kim  5:30pm BODYFLOW heather	6:00am BODYATTACK jessie 9:30am BODYPUMP donna  4:30pm BODYSTEP steph 5:45pm Zumba jenny	9:00am <sup>water@motion</sup> Platinum WaterInMotion Betsy  (Eastwood Drive)
<b>Th</b>	5:30am BODYCOMBAT brian  8:00am BODYATTACK linda  5:30pm Step & Strength makeey	8:30am Les Mills TONE michelle    5:45pm BODYPUMP jessie	8:30am Functional Fitness EDGE 55+ Betsy  (Eastwood Drive)
<b>F</b>	9:00am BODYPUMP kim	6:00am BODYPUMP heather 8:00am BODYPUMP linda 9:15am Les Mills CORE michelle 9:45am BODYFLOW michelle 10:30am Zumba ciara 12:00pm RPM(cycle) njama 5:30pm BODYFLOW beth	9:00 am Water Walking Nancy  (Morse Drive)
<b>Sa</b>	7:15am BODYCOMBAT brian 8:30am Indoor Cycle jaime (held in cycle studio) 8:30am BODYPUMP sarah 9:45am BODYCOMBAT beth	8:00am BODYSTEP steph 9:15am BODYPUMP jen	10:30am Cardio Surge Cindy  (Eastwood Drive)
<b>Su</b>	8:45am Step Challenge makeey 10:00am BODYFLOW michelle	8:00am BODYATTACK caitlin 9:15am BODYPUMP 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.

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

\*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.

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## Class Descriptions:

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

**Step & Strength** Step aerobics with intervals of strength training. This format sends the heart rate soaring.

**Step Challenge** Low impact, high intensity step class followed by core conditioning.

**BODYSTEP®** - The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

**Les Mills TONE™** If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 55 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**Les Mills CORE:** Revolutionary Core Training! This 30 minute class is a challenging core workout that features a mix of isolation exercises and integrated moves. "Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong."

**BODYFLOW™:** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

 **ZUMBA** Dance away your worries in this "feel –happy" class. Motivating music, high energy instruction, "fun and easy to do" movements make this the perfect class for fat burning and total body toning. It's a mixture of body sculpting movements with easy to follow dance steps. Come check it out. All fitness levels

**LES MILLS GRIT™** Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**Indoor Cycle:** Instructor will coach riders through a mix of intervals, rolling hills, runs, sprints and climbs to a wide variety of energizing music for cardiovascular endurance and leg strength and endurance.

**RPM™** is a **group indoor cycling workout** where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**Gentle Yoga:** An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned balanced and centered. . Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class. Good for everyone.

**Flow Yoga:** Flow through postures in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.

**Functional Fitness (EDGE 55+)** This class will help keep the mature adult moving and improve performance in everyday life activities. This class combines low impact cardio, strength and core. We'll focus on mobility, flexibility, range of motion and balance. A variety of equipment may be used. Such as hand weights, resistance bands and stability balls. Preregistration is required. Space limited.

**Aqua Fit** –A fast-paced aquatic workout that is fun for all levels. Equipment such as noodles and aqua dumbbells can be used with the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility

**Cardio Surge** Get an awesome workout without all of the jumping. Make the most of low impact exercises in the pool. This class provides a fun yet challenging workout for all levels. Equipment such as noodles and aqua dumbbells may be used as well.

 **water motion** the newest aqua exercise workout that provides low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the whole body. A low impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.