



THE **EDGE**

Leading the Way in Wellness.

Senior, Adult & Teen Programming Guide *Get Back to YOU This Winter!*

The EDGE is excited to offer a wide array of health, wellness, and sports activities designed for results and FUN! Return to the program and routine you loved or come in and try something new! We have everything to support your physical and mental health this winter season!

Make the time for you. You deserve it!



*100% Employee Vaccination Rate.
All eligible members and guests must provide proof of vaccination.*

Personal Training

Locations: All locations

Ages: All ages

Contact: Jordynne Ales (Jales@edgevt.com).

Orientation: An orientation is an introduction to the fitness center's program services. It could include a facility tour, equipment use rules, policies, and guidelines. More specifically, it's an opportunity to learn how to safely and effectively exercise on the equipment available within the facility and get the most out of your membership.

Session Zero: Our Session Zero is an introductory session for our Personal Training Program. To get started, you will be paired with an EDGE certified personal trainer based on your training preferences. The Session Zero gives you time to meet the trainer, review health/injury history, and create a plan to work towards your goals.

Personal Training: Personal training allows you to work with one of the EDGE's certified personal trainers who will create an individualized fitness program specific for your unique needs. Our trainers will create a roadmap of exercise selection and periodization that are specific towards your short-term and long-term goals. Our program provides structure, accountability, and a fun learning experience!

To schedule an orientation or to connect with a personal trainer for a Session Zero, please contact Personal Training Director, Jordynne Ales, at 802-488-3278 or Jales@edgevt.com.

	<u>Member Rate</u>	<u>Non-Member Rate</u>
<u>Orientation</u>	N/A - Complimentary	N/A - Complimentary
<u>Session Zero</u>	N/A - Complimentary	N/A - Complimentary
<u>1:1 60-min Session</u>	\$60/session	\$70/session
<u>1:1 30-min Session</u>	\$35/session	\$40/session
<u>2:1 60-min Session</u>	\$85/session (\$42.50/person)	\$95/session (\$47.50/person)
<u>Small Group (3+)</u>	\$30/session/person	\$35/session/person

Parisi Speed School

Locations: 142 W. Twin Oaks Terrace, South Burlington

Ages: 7-18

Contact: Jordynne Ales (Jales@edgevt.com).

Parisi Athlete Evaluation (Ages 7-18): We start athletes with an evaluation to determine a baseline of physical ability that helps our coaches recommend the most appropriate programming. The Parisi Evaluation is mandatory for every athlete who enters the Parisi program. After the evaluation, every athlete with their parent(s) meet individually with the Evaluator to review the results and select the appropriate program that fits the athlete's needs.

No cost

Parisi Jump Start (Ages 7-9): The Parisi Jump Start Program is taught by certified Parisi Performance Coaches and utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%. Jump Start is a must for any young person who wants to develop foundational athletic skills that will help them rise above their competition.

\$90 for 6-pack Class Pass

Parisi Total Performance (5th & 6th, 7th & 8th, High School): The Parisi Total Performance Program utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements and athletic performance. Total Performance classes are broken up by age groups to ensure athletes are working with a group with similar physical abilities.

\$165 for 6-pack Class Pass, \$199/person Unlimited Monthly, \$119 Sibling Add-On

ELITE STRENGTH (1 year of Total Performance experience): The Parisi ELITE STRENGTH program is structured for experienced Total Performance athletes looking to advance their training to the next level. This program focuses on more advanced lifting techniques and has a structured program that can be accessed on our mobile app, TrainHeroic. Athletes are able to track their specific sets, reps, and weights on the app and coaches are able to review and modify the program appropriately. This program is perfect for high school athletes looking to play competitively at the varsity level or prepare for college athletics.

\$249 Unlimited Monthly, \$159 Sibling Add-On



Group Fitness

Locations: All Locations

Ages: 14+

Contact: Kim Graham (KimG@edgevt.com)



TRIBE Team Training Season 1: Season 1 of TRIBE begins January 10, 2022 and runs through March 6, 2022, for 8 weeks of supportive training in a fun, team environment! TribeFIT, TribeLIFE, and TribePUNCH will be offered.

TribeFIT: High-intensity functional fitness workout designed to make you fitter, faster, and stronger. Season 1 meets 2 times per week.

TribeLIFE: Low impact functional exercise workout. Season 1 meets 2 times per week.

TribePUNCH: A powerful boxing and kickboxing workout focused on fitness, skill and mental toughness. Season 1 meets 2x per week.

Contact KimG@edgevt.com for scheduling and more information.

\$219/season

TRIBE Team Training Bonus Sessions: Have you heard of TRIBE Team Training but not sure if you're ready to commit to a full season? We are offering 3 weeks of BONUS workouts at the end of 2021 into the beginning of 2022. Any member or non-member can join a TRIBE workout for a drop-in fee! Bonus workouts will be the weeks of December 20th - December 26th, December 27th - January 2nd, and January 3rd - January 9th. Contact KimG@edgevt.com for schedule and pricing.

EDGE 55+: The EDGE offers a variety of classes specifically for ages 55+! Classes include Aqua Fit, Water Walking, Senior Strength, Functional Fitness, and more. Schedules can be found at our front desks or at www.edgevt.com/schedules.

Free to members, \$15 for non-members



EDGE GROUP FITNESS

Tennis

Locations: Essex, South Burlington Eastwood Drive

Ages: All Ages

Contact: Tammy Azur, Essex (TammyA@edgevt.com),
Joyce Doud, South Burlington (JoyceD@edgevt.com).

Adult Programming

Learn to Play: Beginner/Refresher

Course (Essex): The EDGE Tennis Learn to Play class is designed for beginners or players who need a refresher of the basic skills. This class is offered in 4 week sessions throughout the year. Players will learn all the basic skills including serves and overheads in an active 60 minute group lesson. This class is held on Mondays from 6:30-7:30pm for 4 weeks.

\$65/members, \$85/non-members



Adult Doubles Leagues (Essex): Our in-house doubles leagues are offered each year in the Fall and Winter for two 14-week seasons. The Winter Season will begin in January 2022 with registration in December 2021. Please email TammyA@edgevt.com if you are interested in League Play. We will offer the following League Options:

Monday evening: Men's 4.0-4.5+

Tuesday Evening: Women's 3.5-4.0+

Wednesday Evening: Women's 3.0-3.5

Thursday Evening: Men's 3.5-4.0

Friday Evening: Co-Ed, Random Partner each week, 2.5-3.5

Saturday TBD: Mixed Doubles (Divisions with combined ratings of 6.0-7.0 & 7.5-8.5)

Leagues are fixed partner throughout the season unless otherwise noted.

\$105/members, \$230/non-members for 14 weeks

Tennis

Locations: Essex, South Burlington Eastwood Drive

Ages: All Ages

Contact: Tammy Azur, Essex (TammyA@edgevt.com),
Joyce Doud, South Burlington (JoyceD@edgevt.com).

Drop-In Drills (Essex & SB Eastwood): Are you a player looking to get a good workout and brush up on your skills? Come try one of our Drop-in drills at your level. Taught by Edge Tennis Pros and offered at both Edge locations with lots of weekly options. Drills will focus on skill technique and tactics through simulated point play and active games that will get you ready to compete in singles and doubles. Classes are offered in 60 or 90 minute sessions.

Eastwood Drive: Mondays 12:30-1:30pm, Tuesdays 5:30-7pm, Wednesdays & Fridays 12-1pm, Saturdays 3:30-5pm

Essex: Wednesdays 6:30-8pm, Sundays 11am-12:30pm

\$20/member, \$25/non-member for 60 minutes

\$28/member, \$33/non-member for 90 minutes

Senior Programming (Age 60+)

Senior Instruction & Play (Essex): Taught by Katherine Hagestad, USPTA Professional. Sign up weekly for a clinic designed for age 60+ players looking to improve their tennis skills in a fun and active 60-minute lesson. Social play for 30 minutes after class. Class runs Tuesdays from 11am-12:30pm.

\$12/members, \$15/non-members

Senior Round Robin (Essex): A great way to meet players and join in some round robin social doubles play on Thursdays from 11am-12:30pm.

Free for members, \$10/non-members



Tennis

Locations: Essex, South Burlington Eastwood Drive

Ages: All Ages

Contact: Tammy Azur, Essex (TammyA@edgevt.com),
Joyce Doud, South Burlington (JoyceD@edgevt.com).

Junior Programming (Teens)

Junior Performance (Essex): Our highest level of junior training, this program is designed for advanced skill level players (high level high school players or tournament level players) or player must have coach's evaluation to enroll. This class focuses on advanced technique/skill work, footwork patterns and simulated match play through active games and drills. Classes are directed by USPTA certified tennis professional, Tammy Azur, and offered Mondays & Wednesdays from 4:30-6:30pm. Winter sessions begins January 2022, and weekly match play options are available.

Junior Competitive (Essex & South Burlington, Eastwood): A high school prep tennis program designed for middle school and high school age players who want to compete at the high school level. Players will develop advanced skills and match tactics through active drills and games to help them compete in high school and beyond. Classes are offered at our Eastwood and Essex locations. Weekend match play is included in this program.



Pickleball

Locations: South Burlington Eastwood Drive

Ages: All Ages

Contact: Jeanne Hulsen (Pickleball@edgevt.com)

Private Parties: Celebrate your company, business, neighborhood, family, friends, and teammates in a social gathering focused on playing Pickleball! Parties are offered for groups of 8-24 people on 2-4 courts. Enjoy 2.5 hours of scheduled time with assisted coordination of social play and/or instruction provided! BYO food & drink. Contact Director Jeanne Hulsen at Pickleball@edgevt.com to get started!

\$100 per court per hour

Personalized Level-Based Bootcamp: Organize a group of friends, neighbors, or teammates for a 3-hour bootcamp! Time will be focused on maximizing drills for NVZ, transition zone, baseline, serve, and returns. Skills and tactics will be practiced in a fun environment and incorporate game-based situations. Bootcamps are provided for groups of 8-12 on 2-3 courts. Please schedule through Jeanne Hulsen at pickleball@edgevt.com.

\$75/members, \$90/non-members



Aquatics

Locations: All Locations

Ages: All Ages

Contact: Brooke Hurd (BrookeH@edgevt.com)

Adult Lessons

Beginner: The level is designed to introduce the inexperienced or fearful adult to the water so that they become more comfortable in the water and learn to enjoy the water safely. Adults will learn how to enter and exit the pool safely and control their breathing. As they build their confidence, students will learn proper body position on both their front and back with proper flutter kick. Basic paddle stroke, Front Crawl, Back Crawl, Elementary Backstroke, and basic water safety skills are covered.

Intermediate: This level is designed to introduce/improve swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Adults master the swimming strokes in the Learning the Basics level, Freestyle and Backstroke. Breaststroke, Sidestroke, Butterfly and basic flip turns and turning at the wall are introduced. Treading water and recovery to a swimming position is mastered.



Red Cross Lifeguard Course

- 5 weeks for 2 hours a week with online blended learning course work
 - Blended learning is online
 - 6 hour makeup / final test day
 - Upon successful completion of the course the candidate will be a Red Cross certified lifeguard
- \$300/Member, \$350/Non-Member**

Aquatics

Locations: All Locations

Ages: All Ages

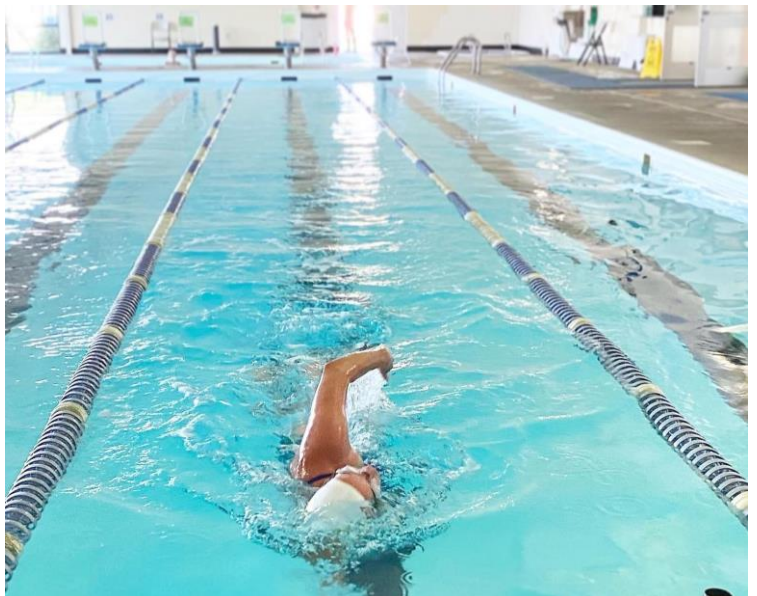
Contact: Brooke Hurd (BrookeH@edgevt.com)

Masters Swim - Ages 18-92!

What is Masters Swim? The Edge Masters Swim is a welcoming and open community of people who love to swim! Team members work towards fitness and swimming goals through varied workouts, all while having FUN! Swimmers come from a variety of swimming backgrounds including fitness swimmers, former age-group swimmers, competitive high school and collegiate swimmers, triathletes, and open water marathon swimmers. Our focus is working hard and having fun while we constantly improve our swimming! Although many of the members compete in some way throughout the year, there is no pressure to do so.

Please note: due to limited pool space, Masters Swim Team is not a learn to swim program at this time.

Masters Swim meets at The EDGE at Eastwood Drive in South Burlington on Tuesday/Thursdays 5:45-6:45am, 7-8am, 11am-12pm and Saturdays from 7-8:15am. Contact Head Coach Emily Mitchell at EmilyM@edgevt.com to get started.



Aquatics

Locations: All Locations

Ages: All Ages

Contact: Brooke Hurd (BrookeH@edgevt.com)

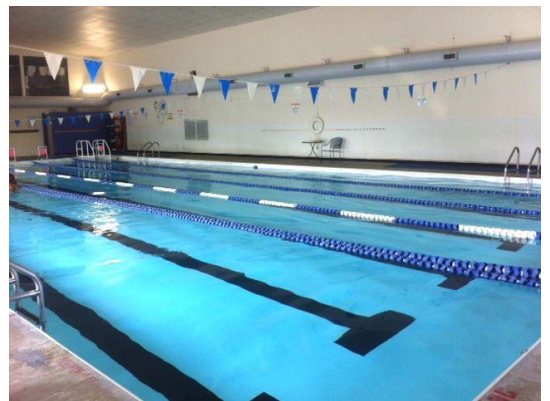
Courses for Teens

Junior Lifeguard & Swim Instructor Course: Junior Lifeguarding is designed to guide youth, ages 11-14, to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard.

- Junior Lifeguarding is an effective transition from upper-level Learn-to-Swim courses to the American Red Cross Lifeguarding program, challenging participants to stay involved with aquatics. The course also provides the participating agency with a known group from which to recruit future lifeguards. Junior Lifeguarding will introduce participants to:
 - The skills needed for entry to the American Red Cross Lifeguarding course
 - Communication and decision-making skills.
 - The basic responsibilities of a lifeguard
 - The basic knowledge and skills required to be a lifeguard

Course Prerequisites:

- Swim the front crawl for 25 yards continuously while breathing to the front or side
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence
- Tread water for 1 minute using arms and legs
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl
- Submerge and swim a distance of 10 feet underwater.



Preventative Care

Locations: South Burlington (W. Twin Oaks) & Essex (Gauthier Drive)

Ages: All Ages

Contact: Nicole Williams (NicoleW@edgevt.com)

HealthyCARE 90 Day Program: A comprehensive wellness program designed to enrich your life and health. Guided by a Certified Health Coach, over the course of 13 weeks, you will learn the fundamental aspects of fitness, nutrition, stress management, and behavior modification.

Insurance may cover much of the cost - contact genavix@edgevt.com to learn more!

Virtual Food & Mood Program: Join our EDGE Registered Dietitian for a comprehensive program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with three 1-on-1 tele nutrition sessions. This program takes place virtually over Zoom.

\$80 with most insurance plans

EDGE Next Steps Diabetes Program: A comprehensive 8-week in person program focusing on the positive impact of nutrition and exercise to improve Type II Diabetes. Through the support of your peers, a Registered Dietitian, and an exercise specialist, you will gain the knowledge, guidance, and confidence to improve your health.

Covered 100% with Type II Diabetes Diagnosis by most insurance providers

Free Webinars: The EDGE Preventative Care offers free webinars throughout each month on relatable and valuable health and wellness topics, including topics like sleep habits, food and mood, creating sustainable habits, and more.

Pediatric & Family Nutrition: The EDGE Preventative Care is committed to the health and well-being of the whole family. Our integrative clinical Registered Dietitians will support children and families through nutritional recommendations that are customized for each individual.

Areas of Specialty:

- Nutrition for mental health
- Food allergies/sensitivities
- Anti-inflammatory diet
- Digestive health
- Managing chronic conditions
- Mindful eating
- Eating disorders
- Meal planning & preparing
- Weight management

Covered by most insurance providers

