



Group Fitness Aug 1-Sept 4, 2022

	Essex Gauthier Drive <small>*Classes held in the gym unless otherwise noted.</small>	S. Burlington 142 W. Twin Oaks <small>*Classes held in the K1 studio unless otherwise noted</small>	S. Burlington & Essex AQUA* & EDGE Active Aging Program (EAAP)
M	8:20am Les Mills CORE (GFstudio) Brian 9:00am BODYCOMBAT Kim	8:00am BODYPUMP Katie 9:15am BODYBALANCE Michelle 10:30am Zumba Gold Ciara (EAAP approved) 5:30pm Zumba Jenny 6:45pm Yoga Flow (K2) Debbie	8:30am Aqua Fit BJ (Morse Dr) 9:00am Aqua Fit Linda (Eastwood Drive) no class 08/08 10:00am Arthritis Nancy (Morse Drive) 1:15 pm Senior Strength Brian (Gauthier Dr)
Tu	5:30am BODYPUMP Aimee 8:30am BODYPUMP Kim 5:00pm Les Mills CORE (GFstudio) Linda 5:45pm BODYCOMBAT (GFstudio) Beth	8:30am Les Mills TONE Michelle 10:00am Gentle Yoga (K2) Eve (EAAP approved) 12:00pm RPM (cycle) Njama 5:30pm BODYPUMP Laura	8:30am Functional Fitness Brian (Eastwood Drive) 1:00 pm Tai Chi Brian (Gauthier Dr group ex studio)
W	9:00am BODYCOMBAT Brian 10:00 am Hatha Yoga Jae (GFstudio) 5:30pm BODYPUMP Jason	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim 9:15am BODYPUMP Donna 10:30am Zumba Gold Ciara (EAAP Approved) 5:45pm Zumba Jen/Christian	9:00am Aqua Fit Betsy (Eastwood Drive) no class 08/10 9:00am Aqua Fit BJ (Morse Dr) 1:15 pm Senior Strength Brian (Gauthier Dr)
Th	5:30am BODYCOMBAT (GFstudio) Brian 8:30am Les Mills CORE (30 min) (GFstudio) Linda 9:15am Indoor Cycle Linda (Class held in the cycle studio)	8:30am Les Mills TONE Michelle 10:00am Gentle Yoga (K2) Eve (EAAP approved) 5:45pm BODYPUMP Jessie	8:30am Functional Fitness (Eastwood Drive) Brian 10:00am Aqua Fit Elle (Morse Dr)
F	5:30am Indoor Cycle Aimee (Class held in the cycle studio) 9:00am BODYPUMP Andrew	8:00am BODYPUMP Kim 9:15am Les Mills CORE Michelle 9:45am BODYBALANCE (30min) Michelle 10:30am Zumba Ciara 12:00pm RPM (cycle) Njama 5:30pm BODYBALANCE Beth	9:00 am Aqua Walking Workout (AWW) Nancy (Morse Drive) 1:15 pm Senior Strength Brian (Gauthier Dr)
Sa	8:30am Indoor Cycle Jaime (Class held in the cycle studio) 9:00am BODYCOMBAT Beth	8:00am BODYSTEP Steph 9:15am BODYPUMP Katie 9:15am RPM (cycle) Jen 9:30am Zumba (K2) Regina	10:30am Cardio Surge Cindy (Eastwood Drive)
Su	10:00am BODYBALANCE Michelle	8:00am BODYPUMP Linda 9:15am BODYATTACK Linda	10:30am Tai Chi (K2) Brian

Schedule subject to change.

Registration is required for all classes. Sign-ups start 72 hours in advance of the class start time online @ www.edgevt.com, on the EDGE app 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.

Please bring your own mat for yoga, BODYBALANCE, or any class you need/want a mat.

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!

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.

BODYBALANCE™ (formerly known as 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.



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

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. (EAAP approved)

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.

Hatha Yoga We will explore the alignment and strength of our bodies in various yoga poses. Modifications and variations are given, and questions are encouraged. Class is appropriate for all – from beginner to the advanced.

Functional Fitness (EAAP) 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.

Senior Strength (EAAP): This 60 min class will improve your overall fitness for everyday life. Class will combine stretching, cardio, free weight exercises, bodyweight exercises, balance and core work for integrated, functional fitness. Chairs may or may not be used for assisted or isolated movements, options and modifications for all levels.

Tai Chi (EAAP): Tai Chi is an ancient exercise known for its health benefits. Some benefits of this slow, flowing, low-impact exercise include increased strength, flexibility, coordination and balance as well having positive effects on blood pressure and bone density.

Zumba Gold (EAAP) Zumba Gold is a modified version of Zumba geared toward active, older adults seeking lower-impact workouts. Enjoy the same great music and energy of a Zumba class with easier to follow moves that are more fluent to minimize stressful jerking, twisting and other potentially harmful motions.

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

Aqua Walking Workout (AWW): This is a fun, social, and therapeutic class. Walking in various ways, with different strides and using your arms will strengthen your core, increase your balance, coordination and flexibility and relieve stress. Swim skills not needed.

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.