

THE EDGE

FALL ADULT PROGRAMS 2022



Our adult guide is focused on stress relief, wellness & results-driven solutions. The fall is a great time to step out of your comfort zone & try something **new!** Try a beginner Tennis or Pickleball class or enroll in a 13-week HealthyCare Lifestyle class.

We remain dedicated to providing our community with the facilities & programs to support strong physical and mental health and wellness in a **fun & supportive** environment!

ADULT EVENTS CALENDAR

FREE COMMUNITY EVENTS FOR
MEMBERS + GUESTS!



GROUP FITNESS BEGINNER SERIES

Join us the 2nd Saturday of the month starting in September for intro group fitness classes! Each month will feature a different program including BODYPUMP, BODYCOMBAT, Zumba, Yoga and more!

CONTACT KIMG@EDGEVT.COM

FLU & COVID BOOSTER CLINIC

Fall is around the corner and so is flu season! Shaw's pharmacy will be hosting three clinics at our Eastwood, West Twin Oaks and Gauthier Drive locations. Seasonal flu* and COVID booster vaccinations will be available! Individuals who receive a vaccine will also receive a 10% off Shaw's grocery coupon!

TUES SEPT 20 / 8-10 AM / EASTWOOD DR
MON, SEPT 26 / 4:30-6:30 PM / W TWIN OAKS
WED, OCT 5 / 4-6 PM / GAUTHIER DR

*Free based on insurance approval.

WORLD TEAM TENNIS & PICKLEBALL COMPETITION *Fall Festival*

Join us for a FUN tennis & pickleball competition! **Round 1:** Two Men's Singles & Two Women's Singles. **Round 2:** Two Men's Doubles & Two Women's Doubles. **Round 3:** Two Mixed Doubles.

SEPTEMBER 9 & 10

FRIDAY: SOCIAL & TEAM SELECTION / 5:30-7:30 PM

SATURDAY: WORLD TEAM COMP / 9:00 AM-1:00 PM

75 EASTWOOD DR, SB

REGISTER FOR TENNIS: CONTACT

TAZUR@EDGEVT.COM

REGISTER FOR PICKLEBALL: CONTACT

JHULSEN@EDGEVT.COM

LES MILLS NEW RELEASE LAUNCH PARTY

Join us for the new releases of your favorite programs with your favorite instructors! Take your favorite program and try something new!

SAT, SEPTEMBER 24 / 8 AM-12 PM
142 W TWIN OAKS, SB
CONTACT KIMG@EDGEVT.COM

ADULT EVENTS CALENDAR

FREE COMMUNITY EVENTS FOR
MEMBERS + GUESTS!



PHYSICAL THERAPY – GROUP FITNESS CROSSOVER DAY

EDGE Physical Therapists will join
EDGE group fitness instructors in
popular classes such as:
Yoga, Les Mills Body Pump, Senior
Strength, Aqua Fit and Parisi Speed!
Our Physical Therapists will take
questions before and after class
about exercise and injury
prevention and will provide
appointments for free injury screens
to interested individuals.

WED, OCTOBER 5
CONTACT DANF@EDGEVT.COM

BRING A BUDDY!

Invite a friend to join a workout with
you! Members can bring a guest 18
or older for FREE on the following
dates:

Monday, October 24
Friday, November 25
Thursday, December 22

ALL LOCATIONS
*Current guest waivers and policies apply. Guests
may use the same privileges as their
accompanying member.*

PICKLEBALL OPEN HOUSE

Come for some bagels and
beverages to try Pickleball and learn
what all the fun is about! We will
introduce the sport and share
opportunities for joining the fun. Bring
your friends!

75 EASTWOOD DR, SB
SUN, OCTOBER 9 / 11 AM-1 PM

PERSONAL TRAINING OPEN HOUSE

Our Certified Personal Trainers are
here to ensure you get the most
out of each session by creating a
safe and effective environment,
designing programs specific to
your goals, and providing live
feedback on form and technique.
Additional benefits of working with
a trainer include motivation,
accountability, confidence, and
FUN!

This open house will include: Meet
and Greet with the Trainers,
Session Zero's, Q&A with Trainers
and Specialty Demos!

TUES, NOVEMBER 15 / 8-10 AM
142 W TWIN OAKS, SB
CONTACT JALES@EDGE.COM

ADULT EVENTS CALENDAR



FREE BEHAVIOR CHANGE WEBINAR SERIES!

Join Linda Rosenthal, Behavior Change Specialist, for a 4-part webinar series covering topics in lifestyle change. Better understand your mood and decision-making processes to improve your health!

This series is not continuous, so you can attend all sessions or just one!



ARE YOU READY FOR CHANGE?

Identify your undesired behaviors
and assess your bandwidth for
change.

FRI, SEPTEMBER 16 / 12-1 PM
TO REGISTER: LROSENTHAL@EDGEVT.COM

CREATING AWESOME HABITS!

Learn more about how to get from
where you are now to where you
want to be.

FRI, OCTOBER 14 / 12-1 PM
TO REGISTER: LROSENTHAL@EDGEVT.COM

NAVIGATING THE HOLIDAYS MINDFULLY & HEALTHFULLY

Set yourself up for success amidst
holiday craziness!

FRI, NOVEMBER 11 / 12-1 PM
TO REGISTER: LROSENTHAL@EDGEVT.COM

HOW TO SET SUSTAINABLE NEW YEAR'S RESOLUTIONS

The common pitfalls of the New
Year and how to change your
experience.

FRI, DECEMBER 16 / 12-1 PM
TO REGISTER: LROSENTHAL@EDGEVT.COM

PREVENTATIVE CARE + WELLNESS PROGRAMS

USE YOUR HEALTH INSURANCE FOR SOMETHING
HEALTHY! MEET 1-1 WITH AN EXPERT AT NO COST.*

HEALTHYCARE 90 DAY PROGRAM

A 13-week group wellness program that includes nutrition counseling, health coaching for lifestyle change, mindfulness for stress management and group fitness with certified instructors.

IN-PERSON PROGRAMS:

MON, SEPTEMBER 12-DECEMBER 12 / 5:30-7:30 PM

THURS, OCTOBER 20-FEBRUARY 2 / 5:30-7:30 PM

142 W TWIN OAKS, SB

VIRTUAL PROGRAMS:

WED, AUGUST 31 – NOVEMBER 30 / 12-1 PM

WED, OCTOBER 12-JANUARY 25 / 12-1 PM

CONTACT: GENAVIX@EDGEVT.COM

[Insurance
Verification](#)



HEALTHYCARE 90 DAY ALUMNI PROGRAM

A 7 week group wellness offering for graduates of the 90 Day Program! Get motivated for a healthy lifestyle reboot with the same health coaching and nutrition counseling you grew to love in the first program. Alumni Plus programs also offers group fitness.



IN-PERSON PROGRAMS:

THURS, SEPTEMBER 8-OCTOBER 20 / 5:30-7:30 PM

WED, OCTOBER 26-DECEMBER 14 / 5:30-7:30 PM

142 W TWIN OAKS, SB

VIRTUAL PROGRAMS:

THURS, SEPTEMBER 8-OCTOBER 20 / 12-1PM

TUES, OCTOBER 25-DECEMBER 6 / 12-1PM

CONTACT: GENAVIX@EDGEVT.COM

[Insurance
Verification](#)

VIRTUAL FOOD & MOOD PROGRAM

Join an EDGE Registered Dietitian for this 6-week program focusing on supporting your mental health and well-being through nutrition! This program includes weekly group educational sessions along with 3 one-on-one tele-nutrition sessions.

THURS, OCTOBER 13-NOVEMBER 17 / 12-1PM

CONTACT: GENAVIX@EDGEVT.COM

FULLY VIRTUAL PROGRAM

[Insurance
Verification](#)

*Based on insurance approval.

PREVENTATIVE CARE + WELLNESS PROGRAMS

FACT: HEALTHY, SUSTAINABLE WEIGHT LOSS IS WIDELY BELIEVED TO BE ACHIEVED BY 80% PROPER NUTRITION + 20% EXERCISE!

NUTRITION COUNSELING

The EDGE offers one-on-one nutrition counseling with a Registered Dietitian, membership not required!

This service is covered by most health insurers and can help you improve your relationship with food!

TO SCHEDULE AN APPOINTMENT CONTACT:
GENAVIX@EDGEVT.COM

Insurance
Verification



Did You Know: The EDGE has Registered Dietitians in Essex and South Burlington for in person visits and online visits are available for your convenience! Our Registered Dietitians create plans and offer support for long term success. Your insurance may cover much of the cost of our Preventative Care & Wellness Programs! Contact Genavix@edgevt.com or call (802) 951-2320 today.



DIABETES NEXT STEPS PROGRAMS

An 8-week program focusing on the positive impact of nutrition and exercise on 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!

If you have a Type II Diabetes diagnosis, this program is 100% covered by most insurance providers!

TUES, SEPTEMBER 27–NOVEMBER 15 / 5:30–7:30 PM
142 W TWIN OAKES, SB
CONTACT: GENAVIX@EDGEVT.COM

WELLCHECK SCREENINGS – KNOW YOUR NUMBERS

A biometric screening of cholesterol and blood glucose levels and an InBody scan of fat and muscle mass. Use these key details about body composition to track your health and fitness progress.

WellChecks are FREE OF CHARGE if you follow up with an EDGE Registered Dietitian!

TO SCHEDULE AN APPOINTMENT CONTACT:
GENAVIX@EDGEVT.COM

GROUP FITNESS

EDGE FITFORCE BOOTCAMP

If you want to up your fitness level, need accountability and the support of a group of others, this is for you! Workouts may include: Pushups, plyometrics, interval training, squats, lunges, squat thrusts or burpees, core strength, etc. Options to increase or decrease intensity as needed will be provided. Get ready an early morning strength and cardio workout that's intense and fun and delivers serious results! All fitness levels are welcome.

M/W/F 5:30 AM STARTING SEPTEMBER 2

INSTRUCTOR: BRIAN RICH

4 GAUTHIER DR, ESSEX

CONTACT: KIMG@EDGEVT.COM

COST: MEMBERS \$15 / NON-MEMBERS \$20

[Register Here](#)



EDGE POWERBOX
This 55 min class is you versus 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.

SATURDAYS 9 AM & 10 AM STARTING SEPTEMBER 15

INSTRUCTOR KIM GRAHAM

142 W TWIN OAKS, SB

CONTACT: KIMG@EDGEVT.COM

COST: MEMBERS \$15 / NON-MEMBERS \$20

[Register Here](#)

TRIBE TEAM TRAINING

TRIBE Team Training is a 8-week program that bridges the gap between personal training and group fitness. It gives participants the group feel, with one-on-one coaching in a strong team atmosphere. The team environment is a proven way to safely increase training potential while respecting individuals' goals, and has the added benefits of providing the coaching, programming, and the team accountability that will take our members training to a new level!

FALL SCHEDULE:

SEASON 5: SEPTEMBER 12 – NOVEMBER 4

SEASON 6: NOVEMBER 7 – DECEMBER 30

TribeFIT: M/W 4:15 PM W/ AIMEE & M/W 5:30 PM W/KIM

TribelIFE: TU/THURS 9:00 AM W/ COURTNEY

CONTACT: KIMG@EDGEVT.COM

COST: MEMBERS \$219 SEASON / NON-MEMBERS \$299 SEASON

[Register Here](#)



GROUP FITNESS



MARTIAL ARTS FOR SELF DEFENSE & FITNESS

You will learn to overcome your toughest opponent – yourself!
In this 6-week course you will train in traditional Karate, Aikido and Tai chi.
You will improve all aspects of fitness – strength, endurance, flexibility, agility and balance, all while learning effective self-defense. You will develop more focus, grit and self-control.

SATURDAYS 8–9:30 AM STARTING OCTOBER 1 / 6-WEEK SERIES

INSTRUCTOR: BRIAN RICH

142 W TWIN OAKS, SB

CONTACT: KIMG@EDGEVT.COM

COST: MEMBERS \$150 / NON-MEMBERS \$240

[Register Here](#)



OXYGEN ADVANTAGE BREATHWORK SERIES

This program was developed by Patrick McKeown centered around improving oxygen uptake or breathing efficiency through functional breathing training and simulation of high-altitude training. This program has been used to reduce anxiety, stress, panic attacks, ADHD and sleep disordered breathing (insomnia, snoring, sleep apnea).

6-WEEK SERIES / THURSDAYS 6:00–7:30 PM STARTING OCTOBER 13

INSTRUCTOR: NICOLE CARPENTER

CONTACT: KIMG@EDGEVT.COM

COST: MEMBERS \$150 / NON-MEMBERS \$240

[Register Here](#)

COMBAT BREAST CANCER!

Join our amazing team of BODYCOMBAT instructors as we punch, kick and kata for an extended 2-hour class to support our local breast cancer chapter! Finish with a 30-minute gentle yoga/stretch. We encourage you to wear PINK!

This 2.5 hour event is open to the public. Minimum \$25 donation to support breast cancer. 100% of proceeds will be donated.

SAT, OCTOBER 29 / 9–11:30 AM

142 W TWIN OAKS, SB

CONTACT: KIMG@EDGEVT.COM



TENNIS PROGRAMS

CONTACT: TAMMY AZUR Tammya@edgevt.com

LEARN TO PLAY

Our Learn to Play program is designed for beginners or players who need a refresher of the basic skills. Players will learn all the basic skills including serve and overheads in an active 60 minute group lesson. EDGE Pros will help you learn basic tactics, rules and scoring!

SESSION I: SEPTEMBER 12 – OCTOBER 3 ESSEX / SEPTEMBER 15 – OCTOBER 6 EASTWOOD

SESSION II: OCTOBER 10 – OCTOBER 31 ESSEX / OCTOBER 13 – NOVEMBER 3 EASTWOOD

SESSION III: NOVEMBER 14 – DECEMBER 12 ESSEX / NOVEMBER 10 – DECEMBER 8 EASTWOOD

4 WEEK SESSION COSTS: \$70 MEMBERS / \$90 NON-MEMBERS

[Register Here](#)

DROP-IN DRILLS (60 & 90 MINUTE CLINICS)

Our Drop-in Drills classes feature active drills and games taught by EDGE Pros at both our Essex and Eastwood locations! Classes may specify age and level, so please pick a class that is right for you.

Require a minimum of 3 players to run.

EASTWOOD DR – AGES 15 & UP / LEVEL 3.5 & ABOVE

MONDAY: 12:30-1:30 PM

TUESDAY: 7:30-9 PM

WEDNESDAY & FRIDAY: 12-1 PM

SATURDAY – 3:30-5 PM

EASTWOOD DR – AGES 15 & UP / LEVEL 2.0-2.5

THURSDAY: 10-11 AM

ESSEX GAUTHIER DR – AGES 18 & UP / LEVEL 2.5-3.5

TUESDAY: 6:30-8 PM / LEVEL 3.0-3.5

SUNDAY: 11 AM-12:30 PM / LEVEL 2.5-3.0

COST:

1 CLASS: 60 MIN \$20 MEMBER / \$25 NON-MEMBER

90 MINUTE \$28 MEMBER / \$33 NONMEMBER

10 PACKS:

60 MINUTE \$180 MEMBER / \$230 NONMEMBER

90 MINUTE \$260 MEMBER / \$310 NONMEMBER

[Register Here](#)



ADULT DOUBLES LEAGUE

Compete against other teams at your level! These leagues are run online through TopDogTennis. Fees include guaranteed court time and a new can of balls for each match.

If you need a partner, please email Tammya@edgevt.com. Registration open until 8/31.

MONDAYS (Men's rating 4.0+-4.5) 7:30-10:30 PM (limited to 16 teams)

TUESDAYS (Women's rating 3.5+-4.0) 6-9 PM (limited to 7 teams)

WEDNESDAYS (Women's 3.0-3.5) 6:30-8 PM (limited to 7 teams)

THURSDAYS (Men's rating 3.5-4.0) 7:30-9 PM (limited to 8 teams)

FRIDAYS (Mixed league, rating level 3.0-3.5) 6:30-8 PM (limited to 7 teams)

SUNDAYS (Instructional League, level 2.0-2.5) TBD (limited to 8 players)

COST: \$105 MEMBERS / \$230 NON-MEMBERS

[Register Here](#)

TENNIS PROGRAMS

CONTACT: TAMMY AZUR Tammya@edgevt.com

SENIOR INSTRUCTION & PLAY

Sign up weekly for a clinic designed for age 60+ players looking to improve their tennis skills in a fun active 60 minute lesson! Social play for 30 minutes after class.

TUESDAYS: 11 AM-12:30 PM / ESSEX

THURSDAYS: 9-10:30 AM / EASTWOOD DR

COST: \$12 MEMBERS / \$15 NON-MEMBERS

[Register Here](#)

SENIOR SOCIAL DOUBLES

A great way to meet players and join in some social doubles play!

ONGOING

THURSDAYS 11 AM-12:30 PM

4 GAUTHIER DR, ESSEX

COST: FREE FOR ULTIMATE EDGE MEMBERS / \$10 NON-MEMBERS

[Register Here](#)

ADULT RISING PLAYER

This 4 week course is designed for players who have completed Learn to Play and are rising to the next level or have base skills but are looking to improve. Work on more advanced techniques including the use of spin on all strokes and work on point play tactics in a fun active 60 minute class!

WEDNESDAYS 6:30-7:30 PM / ESSEX

MONDAYS 6-7PM / EASTWOOD

SESSION I: SEPTEMBER 19 - OCTOBER 12

SESSION II: OCTOBER 17-NOVEMBER 9

SESSION III: NOVEMBER 14-DECEMBER 14 (skip week of 11/21)

4 WEEK SESSION COSTS: \$80 MEMBERS / \$100 NON-MEMBERS

[Register Here](#)

FRIDAY NIGHT SOCIAL COMPETITIVE PLAY

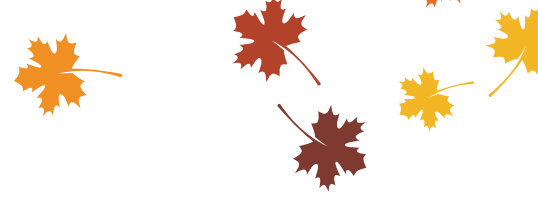
If you're looking to expand your tennis circles, while getting some competitive play in an informal, fun format, our Friday Night Round Robin program might be just the thing for you! We go on two courts with doubles having a priority with some singles play. Do warm-up drills and play short matches!

FRIDAYS 5:30-7 PM

75 EASTWOOD Dr, SB

[Register Here](#)

COST: MEMBERS \$28 PER WEEK / NON-MEMBERS \$33 PER WEEK



TENNIS TOURNAMENTS + LEAGUES

FALL 2022 JCAT TENNIS TOURNAMENTS – SINGLES & DOUBLES EVENTS

Held at the Essex EDGE, food and prizes will be provided by the Jericho Café & Tavern!

OCTOBER 14 -16: MEN'S, WOMEN'S & JUNIORS SINGLES DIVISIONS

NOVEMBER 4-6: MEN'S, WOMEN'S & MIXED DOUBLES DIVISIONS

TO REGISTER: EMAIL TAMMYA@EDGEVT.COM

COST: ONE EVENT \$40 / ADDITIONAL EVENTS \$25 EACH

USTA LEAGUE PLAY – ORIENTATION SESSIONS

If you've never played on a USTA League team but might like to join, register for a two-hour Orientation to USTA League Play clinic! Run by the USTA League Coordinator and an EDGE Pro, you'll be guided through a USTA match warm-up, USTA tiebreaker formats, and will play games following USTA League rules.

SATURDAY, OCTOBER 22 / 1-3 PM

142 W TWIN OAKS, SB

TO REGISTER: CALL (802) 658-0001

COST: MEMBERS FREE / NON-MEMBERS \$15





PICKLEBALL PROGRAMS

COME SEE WHY PICKLEBALL IS THE FASTEST GROWING SPORT IN THE NATION!

CONTACT: Pickleball@edgevt.com

OPEN PLAY SCHEDULE

BEGINNER (2.0-2.5): WEDNESDAY & FRIDAY / 12-1:30 PM

INTERMEDIATE (3.0-3.5): TUESDAY & THURSDAY / 10 AM-12 PM
SATURDAY / 3-5 PM

ADVANCED (3.75+): MONDAY, WEDNESDAY & FRIDAY / 10 AM-12 PM
Maximum 18 for 3 courts and 15 for 2 courts. Reservations required.

REGISTER: ONLINE OR CALL (802) 860-3343
COST: FREE FOR MEMBERS & NON-MEMBERS

[Register Here](#)

FALL SCRAMBLE LEAGUES

Players randomly assigned court on Day 1. Format of play is 2 games to 11, cap 13. Players will play with and against each player on the assigned court for a total of 6 games. Games W/L and PSA (points scored against) are recorded for the evening. Players will be assigned their courts each week by results from the previous week only (not accumulative). A League Awards Recognition, celebration and play will be schedule TBA at the completion of League Play!

LEVEL 3.0: WEDNESDAYS, OCTOBER 5-NOVEMBER 9 / 1:30-4 PM / 16 PLAYERS

LEVEL 3.5: MONDAYS, OCTOBER 3-NOVEMBER 7 / 6-8:30 PM / 16 PLAYERS

LEVEL 3.75+: TUESDAYS, OCTOBER 4-NOVEMBER 8 / 6-8:30 PM / 16 PLAYERS

REGISTER: CALL (802) 860-3343

COST: MEMBER \$60 / NON-MEMBER \$75

[Register Here](#)





PICKLEBALL PROGRAMS

COME SEE WHY PICKLEBALL IS THE FASTEST GROWING SPORT IN THE NATION!

CONTACT: Pickleball@edgevt.com

LEARN TO PLAY BOOT CAMPS

Designed to introduce the basic skills of dinking, forehand, backhand, volleying, lobs, smash, transition, scoring, and court positions. This is a great way to launch you into "Open Play's" and other programming!

LEARN TO PLAY: SAT, SEPTEMBER 17 / 9 AM-12 PM
THURS, OCTOBER 13 / 1-4 PM
SAT, NOVEMBER 5 / 11 AM-2 PM

LEVEL 3.5+: SAT, OCTOBER 8 / 11 AM-2 PM
SAT, OCTOBER 22 / 11 AM-2 PM
SAT, NOVEMBER 12 / 11 AM-2 PM

TOURNAMENT DATES: NOVEMBER 18, 19 & 20
DECEMBER 16, 17 & 18

REGISTER: ONLINE OR CALL (802) 860-3343 (30 DAYS AHEAD)
REGISTRATION FEE: MEMBER \$75 / NON-MEMBER \$90

VERMONT OPEN SPONSORED BY THE EDGE

Men's Singles/Doubles, Women's Singles/Doubles and Mixed.

TOURNAMENT DATES: NOVEMBER 18, 19 & 20

EDGE HOLIDAY TOURNAMENT

TOURNAMENT DATES: DECEMBER 16, 17 & 18
Categories & Fees TBA.



PERSONAL TRAINING SERVICES

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

ORIENTATION

An orientation is an introduction to the fitness center program's services. It includes 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.

1 COMPLIMENTARY SESSION INCLUDED W/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.

COMPLIMENTARY SESSIONS FOR MEMBERS & NON-MEMBERS

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 and long-term goals. Our program provides structure, accountability and a fun learning experience!



1:1 60-MIN SESSION: MEMBERS \$60 SESSION / NON-MEMBER \$70 SESSION

1:1 30-MIN SESSION: MEMBERS \$35 SESSION / NON-MEMBER \$40 SESSION

2:1 60-MIN SESSION: MEMBERS \$85 SESSION / NON-MEMBER \$95 SESSION

SMALL GROUP: MEMBERS \$30 SESSION (PER PERSON) / NON-MEMBERS \$35 (PER PERSON)

AQUATICS PROGRAMS

ADULT SWIM LESSONS

ADULT BEGINNER

This 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.

AGES 18+

THURSDAYS / 4 PM

4 GAUTHIER DR, ESSEX

[Register Here](#)

ADULT 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, Butterfly and basic flip turns and turning at the wall are introduced.

AGES 18+

THURSDAYS / 4:30 PM

4 GAUTHIER DR, ESSEX

[Register Here](#)

SESSION I: OCTOBER 6-27 (4-WEEK SESSION)

COST: \$60 MEMBER / \$80 NON-MEMBER

SESSION II: NOVEMBER 3-DECEMBER 15 (6-WEEK SESSION)

COST: \$90 MEMBER / \$120 NON-MEMBER

CONTACT: Swim@edgevt.com

No lessons 11/24.



PHYSICAL THERAPY

GOT PAIN? REGISTER FOR A FREE INJURY SCREENING

Whether you're walking out of the gym, group exercise studio or finishing a run and your back, knees, neck or hips are hurting and keeping you from living life an active life, click the button below to schedule a free injury screen today!

[Free Injury
Screening](#)

The EDGE Physical Therapy team is dedicated to getting you back to what you love, pain free. Our team of experts can properly diagnose and treat your pain to get you back racking up the miles or crushing it on the court in no time!

CONTACT: CALL (802) 383-0676 OR EMAIL PT@EDGEVT.COM



VOLLEYBALL PROGRAMS

JOIN US FOR THE HIGHEST LEVEL
OF ADULT INDOOR VOLLEYBALL
IN VERMONT!

COED QUADS

Net height rotates weekly between women's height with reverse coed rules and men's height without hitting restrictions. Official rules of play are enforced. The session runs for 10 weeks and each week teams are assigned varying play times between 7 PM and 11 PM.

Two men & two women required.

CONTACT: MEDIPINTO@YAHOO.COM

COST: \$275 + TAX

TRADITIONAL SIXES

Played on a men's height net. No male/female requirements. Official rules of play are enforced. The session runs for 10 weeks and each week teams are assigned varying play times between 7 PM and 11 PM.

CONTACT: VBALL@GMVB.COM


COST: \$360 + TAX

SESSION I: EVERY TUESDAY OCTOBER 4-DECEMBER 13
EVERY THURSDAY OCTOBER 6-DECEMBER 15




SHOW UP WITH **MYZONE**

*Get results with
Myzone.*

 myzone.org



Benefits of Myzone

-  Get results your customers can trust with **99.4%** EKG accuracy.
-  Customers can view their effort in real time on their smartphone or on club tv.
-  Help your community flourish with in app social features which allows engagement and motivation outside of the club environment.
-  Connect to 3rd party equipment and other wearable devices for maximum versatility.
-  Myzone allows customers to earn points, gain status rankings and compete with friends.

myzone[®]


@myzonemoves | #myzonemoves | #myzonecommunity



MYZONE M-3 BELTS AVAILABLE FOR SALE AT OUR 142 WEST TWIN OAKS & 4 GAUTHIER DRIVE LOCATIONS!

\$149 + TAX



LOCATION GUIDE

4 GAUTHIER DR, ESSEX

Indoor Tennis Courts (4)
Outdoor Tennis Courts (2)
Lap Pool (6 Lanes)
Therapy Pool
Indoor Track (1/8 mile)
Fitness Center
Group Fitness & Cycling Studios
Gymnasium
Hot Tub & Sauna
Preventative Care/Genavix/Nutrition
Physical Therapy

142 W TWIN OAKS TERRACE, SOUTH BURLINGTON

Indoor Tennis Courts (3)
Fitness Center
Racquetball (1)
Squash Courts (3)
Group Fitness & Cycling Studios
Sauna
Parisi Speed School
Physical Therapy
Preventative Care/Genavix/Nutrition

4 MORSE DR, ESSEX

Lap Pool (6 Lanes)
Hot Tub
Physical Therapy

75 EASTWOOD DR, SOUTH BURLINGTON

Indoor Tennis Courts (3)
Outdoor Tennis Courts (4)
Pickleball Courts (4)
Lap Pool (8 Lanes)
Splash Pool
Hot Tub & Sauna
Physical Therapy

MEMBERSHIP LEVELS

ULTIMATE EDGE

Fitness Centers, Group Fitness,
Cycling, Aquatic & Virtual classes,
Pools, Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms, Tennis,
Kids & Fitness Discount

ACTIVE EDGE

Fitness Centers, Group Fitness,
Cycling, Aquatic & Virtual classes,
Pools, Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms

FITNESS EDGE


Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms

*Children Add-On \$35/month
Pickleball Add-On \$35/month*

CONTACT US

 (802) 860-EDGE

 info@edgevt.com

 www.edgevt.com