

EDGE Active Aging Class Schedule

December 2022 



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ESSEX (GAUTHIER DRIVE)	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm	Tai Chi 1:00pm-1:55pm	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm		Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm		Golden Rims 12:00pm-2:00pm
ESSEX (MORSE DRIVE)	Aqua Fit 8:30am-9:25am Arthritis 10:00am-10:55am		Aqua Fit 9:00am-9:55am	Aqua Fit 10:00am-10:55am	Aqua Walking Workout 9:00am-9:55am		
SOUTH BURLINGTON (EASTWOOD DRIVE)	Aqua Fit 9:00am-9:55am Zumba Gold 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington	Functional Fitness 8:30am-9:25am Gentle Yoga 10:00am-10:55am *at 142 W. Twin Oaks Terrace, South Burlington	Aqua Fit 9:00am-9:55am Zumba Gold 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington	Functional Fitness 8:30am-9:25am Gentle Yoga 10:00am-10:55am *at 142 W. Twin Oaks Terrace, South Burlington		Cardio Surge 10:30am-11:25am	Tai Chi 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington

■ Basketball
 ■ Group Fitness
 ■ Aquatics

Classes are 55 min unless otherwise noted.
 Space is limited; registration is required for all classes.
 Reservations can be made up to 72 hours in advance from start time of class online or by calling the club.