



# Group Fitness December 2022

	Essex Gauthier Drive Classes held in the group fitness studio unless otherwise noted.	S. Burlington 142 W. Twin Oaks	S. Burlington & Essex AQUA & EDGE Active Aging Program (EAAP)
<b>M</b>	<b>8:20am Les Mills CORE</b> Brian <b>9:00am BODYCOMBAT</b> Kim G Class held in Gym  <b>5:30pm BODYPUMP</b> Andrew Class held in Gym	<b>8:00am BODYPUMP</b> Katie <b>9:15am BODYBALANCE</b> Michelle <b>10:30am Zumba Gold</b> Ciara (EAAP approved)  <b>4:15pm BODYCOMBAT</b> Emily <b>5:30pm Zumba</b> Jenny <b>6:45pm Yoga Flow (K2)</b> Debbie	<b>8:30am Aqua Fit</b> BJ (Morse Dr) <b>9:00am Aqua Fit</b> Linda/Staff (Eastwood Drive) <b>10:00am Aqua Arthritis</b> BJ/Elle (Morse Drive)  <b>1:15 pm Senior Strength</b> Brian (Gauthier Dr)
<b>Tu</b>	<b>5:30am BODYPUMP</b> Aimee Class held in Gym <b>8:30am BODYPUMP</b> Kim G Class held in Gym  <b>5:45pm BODYCOMBAT</b> Beth	<b>6:00am Indoor Cycle</b> Jon <b>7:00am Foundations to Flow</b> <b>Yoga (K2)</b> Eric <b>8:30am Les Mills TONE*</b> Michelle <b>10:00am Gentle Yoga (K2)</b> Eve (EAAP approved)  <b>12:00pm RPM (cycle)</b> Njama <b>4:30pm BODYSTEP</b> Steph <b>5:45pm BODYPUMP</b> Laura <b>5:00pm Intro to Cycle (12/13</b> <b>only)</b> Karyn <b>6:00pm Cycle</b> Karyn	     <b>1:00 pm Tai Chi</b> Brian (Gauthier Dr group ex studio)
<b>W</b>	<b>9:00am BODYCOMBAT</b> Kim W.  <b>5:30pm BODYPUMP</b> Jason Class held in Gym	<b>6:00am BODYATTACK</b> Jessie <b>8:00am BODYCOMBAT</b> Kim G <b>9:15am BODYPUMP</b> Donna <b>10:30am Zumba Gold</b> Ciara (EAAP Approved)  <b>4:30pm BODYATTACK</b> Jen/Linda <b>5:45pm Zumba</b> Jen P/Christian <b>7:00pm Hatha Yoga (K1)</b> Nicole	<b>9:00am Aqua Fit</b> Linda/Staff (Eastwood Drive) <b>9:00am Aqua Fit</b> BJ (Morse Dr)  <b>1:15 pm Senior Strength</b> Brian (Gauthier Dr)
<b>Th</b>	<b>8:00am Les Mills GRIT</b> Kim G  <b>8:30am CORE</b> Linda <b>9:15am Indoor Cycle</b> Linda Class held in the cycle studio  <b>6:00pm Zumba</b> Regina	<b>6:00am BODYPUMP</b> Laura <b>8:30am Les Mills TONE*</b> Michelle  <b>10:00am Gentle Yoga (K2)</b> Eve (EAAP approved) <b>12:00pm Les Mills SPRINT</b> (cycle)(30 min) Njama <b>5:45pm BODYPUMP</b> Jessie	<b>8:30am Functional Fitness</b> Brian (Eastwood Drive) <b>10:00am Aqua Fit</b> Elle (Morse Dr)
<b>F</b>	<b>5:30am Indoor Cycle</b> Aimee Class held in the cycle studio  <b>8:30am BODYPUMP</b> Andrew Class held in Gym <b>9:30am BODYCOMBAT</b> Andrew Class held in Gym	<b>8:00am BODYPUMP</b> Linda/Kim G <b>9:15am Les Mills CORE</b> Linda/Kim G <b>9:45am BODYBALANCE(30min)</b> Jess <b>10:30am Zumba</b> Rebecca  <b>12:00pm RPM (cycle)</b> Njama <b>5:30pm BODYBALANCE</b> Beth	<b>9:00 am Aqua Walking</b> <b>Workout (AWW)</b> BJ/Elle (Morse Drive)  <b>1:15 pm Senior Strength</b> Brian (Gauthier Dr)
<b>Sa</b>	<b>8:30am Indoor Cycle</b> Jaime Class held in the cycle studio  <b>9:00am BODYCOMBAT</b> Beth <b>10:30am Power Yoga</b> Sara (75 minutes)	<b>8:00am BODYSTEP</b> Steph <b>9:15am BODYPUMP</b> Katie <b>9:15am RPM (cycle)</b> Jen <b>10:30am Zumba (K1)</b> Regina <b>10:30am Intro to BODYPUMP</b> <b>12/10 only (K2)</b> Caitlin	<b>10:30am Cardio Surge</b> Cindy (Eastwood Drive)
<b>Su</b>	<b>9:00am BODYPUMP</b> Caitlin Class held in the Gym <b>10:15am BODYBALANCE</b> Michelle Class held in the Gym	<b>8:00am BODYPUMP</b> Linda <b>9:15am BODYATTACK</b> Linda	<b>10:30am Principles of Tai Chi</b> (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](http://www.edgevt.com) or 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.

- Please note that 8:30 am TONE will start the week of December 12<sup>th</sup>. 12/6 & 12/8 will be 30 min virtual BA followed by 30 min of virtual CORE

Watch for a special schedule for 12/24 & 12/31  
 All locations are closed on Sunday 12/25 – Merry Christmas!

## 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.

**LES MILLS GRIT™** is 30-minutes of [high intensity interval training \(HIIT\)](#), developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, your strength and your height. December we will focus on GRIT Cardio to improve cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast and/or GRIT™ Athletic to increase your overall athletic performance: strength, agility, speed and power.



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

**Intro to BODYPUMP™** In this class our goal is for you to feel confident stepping into any BODYPUMP class. We will introduce you to the format, talk about weight selection, and touch on the basic lifts in BODYPUMP. Come prepared to work out as we will actively work on technique and there will be a short demo of class to finish.

**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.

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

**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.

**Foundations to Flow Yoga** In this class, we'll dive deep into what makes yoga much more than a way to stretch and exercise the muscles. In the beginning of each month, classes will be more like workshops where we explore in detail specific poses, the logic behind the typical cues offered in a flow class, how the breath integrates with flow and why yoga is a practice which trains the mind as much as the body. As the month progresses, we will build upon these foundations a slow, mindful flow class that will help us integrate the ideas introduced at the beginning of the month. While each month may be treated like a 4-week series, each class will also stand-alone- participants can feel comfortable joining at any time.

**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.

**Power Yoga** Expect to link breath and movement in this Ashtanga inspired class, a yoga modality that opens and strengthens the entirety of the body. Build the foundations necessary to go upside-down, arm balance, and/or hone an existing power yoga practice. This is a supportive and inclusive environment for students to start where they are. Great for gaining balance and flexibility, both in body and mind.

**Yoga** Come learn and explore! Each class builds around a focus -- a pose or an area of the body -- and we take time to go deep, be curious, and try new things with our alignment, our breath, and our minds. Appropriate for beginners as well as anyone who wants to take it to the next level.

### EAAP Approved Classes:

**Tai Chi:** 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. This class will focus on learning a couple of moves per week building on the Tai Chi sequence. Some previous experience helpful, but not mandatory.

**Principles of Tai Chi:** In this class, the group is lead in simple movements using the principles of tai chi (instead of learning a couple of moves per week to build the long tai chi sequence). Benefits are improvement in balance, flexibility, grounding, stress reduction, and breathing efficiency. No experience necessary and all are welcome!

**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.

### EAAP Classes:

**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.

**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.