

# EDGE Active Aging Class Schedule

January 2023 



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

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.

 Basketball  Group Fitness  Aquatics