

EDGE Active Aging Class Schedule

March 2023 



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ESSEX (GAUTHIER DRIVE)	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm	Gentle Yoga 9:45am-10:40am Meditation 10:45am-11:40am Taiji 1:00pm-1:55pm	Golden Rims 11:00am-12:30pm Senior Strength 1:15pm-2:10pm	Fit for Life 10:30am-11:15am *(45 min)	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		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	Qigong 10:30am-11:25am *at 142 W. Twin Oaks Terrace, South Burlington

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**

About our EAAP Classes

Golden Rims Pick-up basketball for those 55+.

Senior Strength

This class will combine cardio, free-weights, balance and core work as well as stretching, for integrated, functional fitness. *Options and modifications for all levels.*

Zumba Gold

Enjoy the same great music and energy of a Zumba class and recreate the original moves you love at a lower-intensity. Minimize stressful jerking and twisting with easy-to-follow choreography that focuses on balance, range of motion and coordination.

Gentle Yoga

Focus on breathing, muscle tone, balance, flexibility and relaxation in this inspiring class. An opportunity to create unity, oneness and connection, allowing us to explore ways to become aligned, balanced and centered.

Functional Fitness

This class combines low impact cardio, strength and core, with a focus on mobility, flexibility, range of motion and balance. A variety of equipment may be used.

Taiji (aka Tai Chi)

Benefits of this slow, flowing, low-impact exercise include increased strength, flexibility, coordination and balance as well as positive effects on blood pressure and bone density.

Qigong

This class is lead in simple, repetitive, precise set of movements with health benefits. Some benefits include improvement in balance, flexibility, grounding, stress reduction and breathing efficiency. No experience necessary and all are welcome!

Fit for Life

This class is lead in simple, repetitive, precise set of movements with health benefits. Some benefits include improvement in balance, flexibility, grounding, stress reduction and breathing efficiency. No experience necessary and all are welcome!

Aqua Fit

A moderate to high intensity athletic aquatic workout incorporating calorie-burning cardio and strength conditioning. Helps improve balance, stability, strength, flexibility and cardio-respiratory endurance outside of the pool.

Arthritis

A community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. This class will include range of motion, strengthening and endurance exercises to reduce fatigue, pain and stiffness and improve day to day function.

Aqua Walking Workout

Water walking requires more effort and ultimately burns more calories than walking on land, while decreasing the impact on the joints. The heated pool can soothe pain and you will improve cardiovascular fitness, balance, and range of motion.

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.