

EDGE Active Aging Class Schedule

May 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 8:45am-9:40am	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