



## Virtual Classes September 2023

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Indoor Cycle Studio	S. Burlington WTOT Studio 1	S. Burlington WTOT Cycle Studio
<b>M</b>	5:30am BODYPUMP 6:45am BODYPUMP <b>10:30am Les Mills The TRIP (45min) (cycle-held in GF Studio)</b> 12:00pm BODYPUMP  6:45pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 5:30am; last class starts at 7:30 pm	6:45am BODYCOMBAT  12:00pm BODYPUMP  <b>3:00pm Les Mills CORE (30 minutes)</b> <b>3:30pm BODYCOMBAT (30 minutes)</b>	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
<b>T</b>	6:00am BODYBALANCE 8:00am BODYBALANCE Flexibility (30min)  3:30pm BODYPUMP 5:00pm Les Mills CORE	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 7:30 pm.	6:00am BODYPUMP 7:15am BODYPUMP (45min) 9:45am BODYATTACK 11:00am BODYBALANCE Flexibility (30 min) 2:45pm BODYPUMP	RPM classes every hour on the hour 6:00am - 11:00am and 1:00pm-7:00pm.
<b>W</b>	6:00am BODYPUMP 8:00am BODYATTACK(45 min) 10:45am BODYBALANCE 12:00pm BODYPUMP 4:00pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 7:30 pm.	7:30am Les Mills CORE AB Blast (15 min)  <b>12:00pm BODYPUMP (no class 9/13)</b> 3:00pm BODYPUMP	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
<b>Th</b>	5:30am BODYCOMBAT  <b>10:30am BODYPUMP</b>  2:00pm BODYPUMP 4:00pm Les Mills The TRIP (45min) (cycle-held in GF Studio) 5:15pm Les Mills CORE	<b>RPM classes every hour on the 1/2 hour 5:30am - 7:30am and 10:30am - 7:30pm</b> 8:30am SPRINT	9:45am BODYATTACK  3:00pm BODYPUMP	RPM classes every hour on the hour 6:00am-11:00am and 1:00pm-7:00pm.
<b>F</b>	5:30am BODYPUMP 8:00am BODYBALANCE Flexibility (30min)  12:00pm BODYPUMP 1:15pm Les Mills CORE 3:00pm BODYBALANCE 4:15pm BODYPUMP 5:30pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 7:30am; last class starts at 6:30pm.	6:00am BODYPUMP  11:45am BODYATTACK  1:00pm BODYBALANCE 2:15pm BODYPUMP  3:30pm Les Mills CORE (30 min) 4:15pm BODYCOMBAT	RPM classes every hour on the hour 6:00am-11:00am and 1:00pm-6:00pm.
<b>S</b>	7:45am BODYPUMP 10:30am BODYBALANCE  12:30pm BODYPUMP  2:00pm BODYCOMBAT 4:30pm BODYBALANCE	7:15am RPM  RPM classes every hour on the hour starting at 10:00am; last class starts at 4:00pm 5:00 pm Beginner RPM (30 min)	7:15am Les Mills CORE  11:45am BODYBALANCE 1:15pm BODYPUMP  3:45pm BODYATTACK	7:30 am RPM RPM classes every hour on the hour starting at 11:00am – 4:00pm.
<b>S</b>	7:30 am Les Mills The TRIP (45min) (cycle-held in GF Studio) 9:00am BODYCOMBAT  12:15pm BODYPUMP 1:30pm Les Mills CORE 3:00 pm BODYCOMBAT	7:15am SPRINT RPM classes every hour on the hour 8:00 am -10:00 am and noon – 3:00 pm 11:00 am Beginner RPM (30 min)	11:00am BODYCOMBAT  1:00pm BODYPUMP 2:00pm BODYBALANCE Flexibility (30 min)  <b>3:00pm BODYPUMP (no class 8/13)</b>	RPM classes every hour on the hour 8:00 am – 4:00 pm

\*Schedule subject to change. Virtual classes are prerecorded and start on time. Please be set up and ready to go.

Class size is limited. **Signups are required for all classes** and start 72 hours in advance online, on the app or by calling 802-879-7734 x2 or 802-658-0001.

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

## Virtual 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!

**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 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 Cardio™** is 30-minutes of [high intensity interval training \(HIIT\)](#), developed by experts to deliver transformative results. GRIT Cardio will 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.

**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.