



Group Fitness March 1-30, 2024

	Essex-Gauthier Drive *classes held in the group fitness studio unless otherwise noted	S. Burlington-142 W. Twin Oaks *classes held in the K1 studio unless otherwise noted	AQUA & EDGE Active Aging Program (EAAP)
M	8:20am Les Mills CORE Brian 9:00am BODYCOMBAT Kim G 10:15am Strength Development (45 min) No class 03/11 only Kim G 4:30pm BODYCOMBAT Emily 5:30pm BODYPUMP Andrew Class held in Gym 5:30pm Indoor Cycle Jamie 5:45pm Zumba 03/25 only Brigid	8:00am BODYPUMP Jason 9:15am BODYBALANCE Kim W. 10:30am Zumba Gold (EAAP approved) Ciara 4:15 pm BODYVIVE 3/4 only Steph 5:00pm Yoga for Athletes (75min) (K2) new start date 03/18 Samara 5:30pm Zumba Danielle 6:45pm Yoga Flow (K2) Debbie	8:30am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Cardio Linda (Eastwood Drive SB) 10:00am Aqua Arthritis Nancy (Morse Drive Essex) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Tu	5:30am BODYPUMP Aimee Class held in Gym 8:30am BODYPUMP Kim G Class held in Gym 9:45am Gentle Yoga Jae (EAAP approved) 5:45pm BODYCOMBAT Beth	8:15am BODYATTACK (30 min) Linda 8:45am Les Mills Core (30 min) Linda 10:00am Gentle Yoga (K2) Eve (EAAP approved) 12:00pm RPM (cycle) Njama 4:30pm BODYSTEP Steph 5:00pm Cycle Intro 03/12 only Karyn 5:45pm BODYPUMP Laura 6:00pm Indoor Cycle Karyn	8:30am Functional Fitness Brian (Eastwood Drive-So. Burlington Pickleball courts) 12:00pm Functional Fitness Brian (Group Fitness Studio- Essex)
W	9:00am BODYBALANCE Kim W 10:15am Strength Development (45 min) No class 3/6 only Kim G 5:30pm Indoor Cycle Laurie 5:30pm BODYPUMP Jason Class held in gym	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim G 9:15am BODYPUMP Donna 10:30am Zumba Gold (EAAP Approved) Ciara 4:30pm BODYATTACK Marguerite 5:45pm Zumba Jen/Christian 7:00pm Yoga Flow (K2) Nicole	9:00am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Strength Linda 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Th	8:00am GRIT Cardio Kim G 8:30am Les Mills CORE Linda 9:15am Indoor Cycle Linda (Class held in the cycle studio) 5:30pm Step & Strength Makeeey 6:45pm Gentle Evening Yoga Mary	6:00am Strength Development (45 min) Laura 8:15am ZUMBA Danielle 10:00am Gentle Yoga (K2) Eric (EEAP approved) 12:00pm SPRINT (30 min) (cycle) Njama 4:30pm TONE Steph 5:30pm Indoor Cycle Jon 5:45pm BODYPUMP Jessie	8:30am Functional Fitness Brian (Eastwood Drive-Pickleball Courts So. Burlington) 8:45am Aqua Fit Elle (Morse Dr Essex) 12:00pm Functional Fitness Brian (Group Fitness Studio- Essex)
F	5:30am Indoor Cycle Aimee (Class held in the cycle studio) 8:30am BODYPUMP Andrew Class held in Gym 9:30am BODYCOMBAT Andrew	8:00am BODYPUMP Katie W. 9:15am Les Mills CORE Donna 9:45am BODYBALANCE Kim W. 12:00pm RPM (cycle) Njama 4:15pm ZUMBA "Caribbean Cardio" Dance Party 03/01 only Regina 5:30pm BODYBALANCE Beth	9:00 am Aqua Walking Workout (AWW) Nancy (Morse Drive Essex) 9:00 Aqua Fit Cardio Danielle (Eastwood Dr SB) 1:15 pm Senior Strength Brian (Gym – Gauthier Dr. Essex)
Sa	8:30am Indoor Cycle Jaime (Class held in the cycle studio) 9:00am BODYCOMBAT Beth	8:00am EDGE PowerBOX \$\$ Kim G (class held in the TRIBE Team Training space) 8:00am BODYSTEP Steph 9:15am BODYPUMP Kim G 9:15am RPM (cycle) Jen 10:30am Zumba (K2) Regina 10:30am EDGE CircuitBOX \$\$ Kim G (class held in the TRIBE Team Training space)	10:30am Cardio Surge Cindy (Eastwood Drive SB)
Su	9:00am BODYPUMP Caitlin Class held in the Gym 10:15am BODYBALANCE Caitlin Class held in the Gym	8:00am BODYPUMP Katie 9:15am BODYATTACK Jess 2:00-3:30 pm Yoga as Medicine 03/17 only Samara	10:30am Qigong Brian (W. Twin Oaks K1 studio – So. Burlington) 2:00pm Aqua Conditioning (Gauthier Dr. Essex) Makeeey

Schedule subject to change – be sure to check the app for the most up to date schedule.

Signups required for all classes. *In equipment-based and cycle classes, please arrive 5-10 minutes before the start of class to allow for set up. Late arrivals to all classes are discouraged as they are disruptive.

Sign-ups start 72 hours in advance of the class start time online,

@ www.edgevt.com, 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.

For your safety and comfort, we recommend water shoes for all aqua classes.

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, 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 class and you'll tick off a complete workout in 55 minutes. There is 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™ 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.

Les Mills Strength Development This is not your typical group fitness class. Whether you are new to lifting or a seasoned pro; LES MILLS Strength Development will build muscle, improve your technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor! Aimed at those wanting to get stronger, LES MILLS Strength Development is a sequence of 12 x 45-minute progressive workouts. These strength-building workouts are designed not only to help you get strong but also to improve your overall technique. No lifting experience necessary! We recommend 2 classes/week. Each week will have a different focus for the workout (ex. Hypertrophy, power and athleticism, pure strength, etc.). See signups for the focus for specific classes. Questions email king@edgevt.com **Classes are limited to 15 participants.**

 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. All fitness levels welcome!

Step & Strength This step interval class uses alternating step aerobics and weightlifting segments to focus on cardiovascular fitness, balance, core strength and upper & lower body strengthening.

Zumba Gold Zumba Gold is a modified version of Zumba geared toward active, older adults or anyone 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. (EAAP approved)

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)

Gentle Evening Yoga: This relaxing yoga class is the perfect way to end a work day. Class includes dynamic and static stretching and mindfulness meditation. Also acts as a great warm up or cool down, recovery activity on a rest day, and/or practice mindfulness and breath work. You'll walk away feeling more limber and centered. Class is appropriate for all levels.

Yoga Flow: 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.

Yoga for Athletes: This therapeutic yoga class designed for all levels of athletes provides methods to relieve pain and tension in the body due to repetitive movements, such as running, cycling, swimming, weight lifting and pickleball (just to name a few). Each class will focus on creating space and healing a specific part of the body starting with the feet. Overall, this class series moves sequentially through the body, starting from the feet up to the crown of the head. This therapeutic class will be held weekly and create the opportunity for all athletes to build strength and increase flexibility to reduce or prevent injuries. The first half of each class is focused on warming up and activating specific muscles or groups of muscles, then the second half of class is deep stretching and longer holds, to release habitual tightness and soften the fascia around these muscle cells through myofascial release. But, more importantly, it will also increase stamina, endurance and speed. It is true, yoga can make you a better athlete! If you want to be an injury-free athlete for life, this yoga class is for you!

EAAP Classes:

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

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; hand weights, resistance bands, balls, etc. **Please bring your own mat. Participants in Essex should be prepared for a more rigorous class.**

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 be used for assisted or isolated movements; options and modifications for all levels. **Class limited to 35 participants.**

Aqua Arthritis Increase range of motion and strength in your joints without the pain and limitations of working out on land. The water increases your ability to move by providing support and your strength by adding resistance. Class is appropriate for all ages and all types of arthritis or anyone with limited mobility.

Aqua Fit Cardio A moderate to high intensity athletic aquatic workout suitable and fun for ALL LEVELS. This class focuses on powerful movement combinations through the water to improve cardio-respiratory fitness and endurance. Options will be provided to customize the workout to YOU! Equipment such as noodles and aqua dumbbells may be used.

Aqua Fit Strength A moderate to high intensity athletic aquatic workout suitable and fun for ALL LEVELS. This class focuses on compound movements using equipment such as noodles and aqua dumbbells along with the resistance of the water to improve strength, balance, and flexibility. Options will be provided to customize the workout to YOU!

Aqua Conditioning This class is moderately paced and uses only the resistance of the water to build strength, flexibility and balance. Class is held in the pool at Gauthier Dr and is appropriate for anyone.

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.

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.

Small Group Training Classes: **Payment required at sign up – members \$15/class; non-members \$20/class. Space is limited.**

CircuitBox In this circuit style HIIT class you will train like a boxer with a circuit of total body conditioning, strength training, cardio, and heavy bag work. This class is for all fitness levels, no boxing experience necessary. Every week will present a new challenge and a new workout.

PowerBox – This heavy bag class is you vs. the bag. Authentic training and combinations paired with conditioning exercises. No boxing experience necessary – all fitness levels welcome!

Pop-up classes for March:

Friday Zumba Dance Party – Join Regina for this once/month dance party. March is “Caribbean Cardio”! March 1st

BODYVIVE – Join Steph for a throwback BODYVIVE class. LES MILLS BODYVIVE® IS A FULL-BODY. CROSS TRAINING WORKOUT THAT LEAVES YOU. FEELING THOROUGHLY INVIGORATED, REJUVENATED. Using easy to follow bodyweight exercises and a tube, you'll enjoy a workout which includes cardio exercise, functional strength, core training, mobility and balance. March 4th

ZUMBA: Join Brigid in Essex for this special Zumba class! March 25th

Yoga as Medicine Workshops focus on the various mindful tools that can tap into the body's own medicine cabinet to heal both the body and the mind through awareness. Stress is the #1 cause of disease in the World, so if we can start to relax the mind and shift from the Sympathetic nervous system (Flight/Fight/Freeze) to the Parasympathetic Nervous System (Relaxation Response). Each workshop focused on mindful tools students can use to heal specific parts of their body through Pranayama, Breath Awareness, Deep Breathing, combined with Focused Attention on specific parts of the body during the Yoga practice. The Yoga practice will spend the first half of the workshop warming up the body through Vinyasa Yoga (moving with your breath) so that we can use the second half of the workshop to create space and healing in Yin. Therapeutic and Restorative Yoga poses, which are longer holds where both the muscle and the fascia are released and made more spacious. The Detox Flow will utilize three phases: (1) Decompression; (2) Compression; and (3) Twisting to release toxins in the body, joints and mind. A truly powerful practice to do as we start off a new year and soon shift into a new Season! March 17th