

# EDGE Active Aging Class Schedule

November 2024



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>Gentle Yoga</b> 9:45am-10:40am  <b>Functional Fitness</b> 12pm-12:55pm	<b>Golden Rims</b> 11:00am-12:30pm  <b>Senior Strength</b> 1:15pm-2:10pm	<b>Functional Fitness</b> 12pm-12:55pm	<b>Golden Rims</b> 11:00am-12:30pm  <b>Senior Strength</b> 1:15pm-2:10pm		<b>Aqua Conditioning</b> 9:30am-10:25am  <b>Golden Rims</b> 12:00pm-2:00pm
ESSEX (MORSE DRIVE)	<b>Aqua Fit</b> 8:30am-9:25am  <b>Aqua Arthritis</b> 10am-10:55am		<b>Aqua Fit</b> 9:00am-9:55am	<b>Aqua Fit</b> 8:45am-9:40am	<b>Aqua Walking Workout</b> 9:00am-9:55am		
SOUTH BURLINGTON (EASTWOOD DRIVE & WEST TWIN OAKS)	<b>Aqua Fit Cardio</b> 9:00am-9:55am  <b>Zumba Gold *</b> 10:30am-11:25am	<b>Functional Fitness *</b> 8:30am-9:25am <i>(in the K1 Studio)</i>  <b>Gentle Yoga *</b> 10:00am-10:55am	<b>Aqua Fit Strength</b> 9:00am-9:55am  <b>Zumba Gold *</b> 10:30am-11:25am	<b>Functional Fitness *</b> 8:30am-9:25am <i>(in the K1 Studio)</i>  <b>Gentle Yoga *</b> 10:00am-10:55am	<b>Aqua Fit Cardio</b> 9:00am-9:55am <i>No class 11/29</i>	<b>Cardio Surge</b> 10:30am-11:25am	<b>Qigong *</b> 10:00am-10:55am

\*At 142 W. Twin Oaks Terrace, South Burlington

No classes on Thanksgiving Day, 11/28

■ Basketball
 ■ Group Fitness
 ■ Aquatics

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.

# About our EAAP Classes

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**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.

*For Essex class - please bring your own mat. Participants in Essex should be prepared for a more rigorous class, included getting up and down from the floor.*

## 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 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.

## 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.