



# Group Fitness November 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)
<b>M</b>	<b>8:20am Les Mills CORE</b> Brian <b>9:00am BODYCOMBAT</b> Kim <b>10:15am Les Mills Functional Strength (45 min)</b> Kim <b>5:30pm Indoor cycle</b> Jaime <i>Class held in Cycle studio</i> <b>5:30pm BODYPUMP</b> Andrew <i>Class held in Gym</i> <b>5:45pm Zumba</b> Angel	<b>8:00am BODYPUMP</b> Jason <b>9:15am Les Mills TONE (45 min)</b> Katie <b>10:30am Zumba Gold (EAAP approved)</b> Ciara <b>4:30pm BODYPUMP (45 min)</b> Jay <b>5:30pm Zumba</b> Danielle <b>6:45pm Yoga Flow (K2)</b> Debbie	<b>8:30am Aqua Fit</b> BJ <i>(Morse Dr Essex)</i> <b>9:00am Aqua Fit Cardio</b> Linda <i>(Eastwood Drive SB)</i> <b>10:00am Aqua Arthritis</b> Nancy <i>(Morse Drive Essex)</i> <b>1:15 pm Senior Strength</b> Brian <i>(Gym – Gauthier Dr. Essex)</i>
<b>Tu</b>	<b>5:30am BODYPUMP</b> Aimee <b>8:30am BODYPUMP</b> Kim <b>9:45am Gentle Yoga (EAAP approved)</b> Jae <b>5:45pm BODYCOMBAT</b> Beth	<b>7:15am SHAPES (45 min)</b> Jen <b>8:15am BODYATTACK (K2)(30 min)</b> Jen <b>8:45am Les Mills Core (K2)(30 min)</b> Jen <b>10:00am Gentle Yoga (K2) (EAAP approved)</b> Pam <b>12:00pm RPM (cycle)</b> Njama <b>4:30pm BODYSTEP</b> Steph <b>5:30pm Zumba (K2)</b> Brigid <b>5:45pm BODYPUMP</b> Laura <b>6:00pm Indoor Cycle (45 min)</b> Karyn <i>Class held in Cycle studio</i> <b>7:00pm Gentle Evening Yoga(K2)</b> Mary	<b>8:30am Functional Fitness</b> Brian <i>(W. Twin Oaks Terr. K1 studio)</i> <b>12:00pm Functional Fitness</b> Brian <i>(Group Fitness Studio- Essex)</i>
<b>W</b>	<b>9:00am Vinyasa Yoga</b> Paige <b>10:15am Les Mills Functional Strength (45 min)</b> Kim <b>5:30pm BODYPUMP</b> Linda	<b>6:00am BODYATTACK</b> Jessie <b>8:00am BODYCOMBAT</b> Kim G <b>9:15am BODYPUMP</b> Donna <b>10:30am Zumba Gold (EAAP Approved)</b> Ciara <b>4:30pm BODYATTACK</b> Marguerite <b>5:45pm Zumba</b> Jen/Christian <b>7:00pm Yoga Flow (K2)</b> Nicole <i>Please note – no class Nov 27</i>	<b>9:00am Aqua Fit</b> BJ <i>(Morse Dr Essex)</i> <b>9:00am Aqua Fit Strength</b> Linda <b>1:15 pm Senior Strength</b> Brian <i>(Gym – Gauthier Dr. Essex)</i>
<b>Th</b>	<b>5:30am BODYCOMBAT</b> Brian <b>8:00am GRIT Cardio</b> Kim G <b>8:30am Les Mills CORE</b> Linda <b>9:15am Indoor Cycle</b> Linda <i>Class held in the cycle studio</i> <b>5:30pm Step &amp; Strength</b> Makeey	<b>6:00am BODYPUMP (45 min)</b> Laura <b>8:30am ZUMBA (K2)</b> Abby <b>10:00am Gentle Yoga (K2) (EAAP approved)</b> Eric <b>12:00pm SPRINT 30 min (cycle)</b> Njama <b>4:30pm Les Mills TONE (45 min)</b> Steph <b>5:45pm BODYPUMP</b> Jessie	<b>8:30am Functional Fitness</b> Brian <i>(W. Twin Oaks Terr. K1 studio)</i> <b>8:45am Aqua Fit</b> Elle <i>(Morse Dr Essex)</i> <b>12:00pm Functional Fitness</b> Brian <i>(Group Fitness Studio- Essex)</i>
<b>F</b>	<b>5:30am Indoor Cycle</b> Aimee <i>Please note – no class Nov 29</i> <i>Class held in the cycle studio</i> <b>8:30am BODYPUMP</b> Andrew <b>9:30am BODYCOMBAT</b> Andrew	<b>7:00am BODYSTEP (45 min)</b> Kari <b>8:00am BODYPUMP</b> Katie <b>9:15am Les Mills CORE</b> Donna <b>9:45am BODYBALANCE</b> Charissa <b>12:00pm RPM (cycle)</b> Njama <b>4:15pm ZUMBA Dance Party 11/15 only</b> Regina <b>5:30pm BODYBALANCE</b> Beth <i>Please note – no class Nov 29</i>	<b>9:00 am Aqua Walking Workout (AWW)</b> Nancy <i>(Morse Drive Essex)</i> <b>9:00 Aqua Fit Cardio</b> Betsy <i>(Eastwood Dr SB) Please note – no class Nov 29</i> <b>1:15 pm Senior Strength</b> Brian <i>(Gym – Gauthier Dr. Essex)</i>
<b>Sa</b>	<b>8:15am Step &amp; Strength</b> Makeey <b>8:30am Indoor Cycle</b> Jaime <i>Class held in the cycle studio</i> <b>9:30am BODYCOMBAT</b> Beth <b>10:45am SHAPES (45min)</b> Beth	<b>8:00am SHAPES (45 min) K2</b> Jen <b>8:00am BODYSTEP</b> Steph <b>9:15am BODYPUMP</b> Kim <b>9:15am RPM (cycle)</b> Jen <b>10:30am Zumba</b> Regina	<b>10:30am Cardio Surge</b> Cindy <i>(Eastwood Drive SB)</i>
<b>Su</b>	<b>9:00am BODYPUMP</b> Caitlin <b>10:15am BODYBALANCE</b> Caitlin	<b>8:00am BODYPUMP</b> Katie <b>9:15am BODYATTACK</b> Marguerite <b>10:00am Qigong (K2)</b> Brian <b>11:00am Gentle Yoga Flow (K1)</b> Emma <i>No class 11/17 only</i> <b>3:30 am Yoga Flow (K2) 75 min 11/17 only</b> Pam	<b>9:00 am Aqua Conditioning</b> Makeey <i>(Gauthier Dr.* Essex)</i>

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

Note: No classes on Thanksgiving Day (all clubs are closed).

Check the app for schedule changes (and additional class cancellations).

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.

Signups required for all classes. Sign-ups start 72 hours in advance of the class start time online,

@ [www.edgevt.com](http://www.edgevt.com), on the EDGE app, in person at any front desk, 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.

## Class Descriptions

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 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! Class is available as a 55 minute or 45-minute workout – see schedule.

**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 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 TONE** If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also, a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**Les Mills Functional Strength** This class is part of Les Mills "limited edition" workouts. Functional Strength is 6 workouts where we combine moderate to heavy compound movements with lighter, explosive functional movement patterns from athletic conditioning and everyday functional moves to increase our functional fitness and athleticism. **Class is limited to 15 participants. This class is not recommended for beginners – some previous lifting experience and/or base fitness level is recommended.** Questions email [kimg@edgevt.com](mailto:kimg@edgevt.com)

**Les Mills SHAPES** This is another "limited edition" workout. SHAPES is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training. Class is 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.

**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 workday. Class includes dynamic and static stretching and mindfulness meditation. This class is a perfect warm up for or cool down from other activities, recovery on a rest day, and/or a way to practice mindfulness and breath work. You'll walk away feeling more limber and centered. Class is appropriate for all levels.

**Gentle Yoga Flow:** This slow-paced and peaceful class is designed to boost your immune system, reduce stress, and regulate your nervous system. This class combines gentle vinyasa flow and restorative yoga to create relaxation and leave you feeling refreshed.

**Vinyasa Yoga:** This Vinyasa class will focus on dynamic movement, mindfulness, and breath to connect with your inner world and the present moment; blending passive and active stretching to build strength, flexibility, and enhance range of motion. All are welcome to join!

**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.

### **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. This 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.

### **Pop-up classes for October:**

#### **West Twin Oaks Terrace, South Burlington**

**Friday Zumba Dance Party** – Zumba Hits Latin Dance Party 4:15 pm w/Regina on 11/15. Come celebrate Zumba's top hits through the years!

**Flow Yoga – Sunday November 17 3:30 pm West Twin Oaks Terrace** Join Pam for this special 75 minute FLOW class. Class will focus on linking poses and the connection between breath, movement, and the mind. Class can be modified for a variety of levels and all are welcome!