



Group Fitness January 2-31, 2025

	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	8:20 am Les Mills CORE Brian 9:00am BODYCOMBAT Kim 10:15am Les Mills Strength Development (45 min) Kim 5:30pm Indoor cycle Jaime Class held in Cycle studio 5:30pm BODYPUMP Andrew Class held in Gym 5:45pm Zumba Angel	8:00am BODYPUMP Jason 9:15am Les Mills TONE (45 min) Katie 10:30am Zumba Gold Ciara (EAAP approved) 4:30pm BODYPUMP (45 min) Jay 5:30pm Zumba Danielle 6:45pm Yoga Flow (K2 studio) Debbie	8:30am Aqua Fit BJ (Morse Dr Essex) 9:00am Aqua Fit Cardio Linda (Eastwood Drive SB) 10:00am Aqua Arthritis BJ (Morse Drive Essex) 1:15 pm Fit for Life 1 Brian (Gym – Gauthier Dr. Essex)
Tu	5:30am BODYPUMP Aimee Class held in the Gym 8:30am BODYPUMP Kim Class held in the Gym 9:45am Indoor Cycle Sean Class held in Cycle Studio 9:45am Gentle Yoga Jae (EAAP approved) 5:45pm BODYCOMBAT Beth	7:15am SHAPES (45 min) Jen 8:15am BODYATTACK (K2)(30 min) Jen 8:45am Les Mills Core (K2)(30 min) Jen 10:00am Gentle Yoga (K2 studio) Pam (EAAP approved) 12:00pm RPM (cycle) Njama 4:30pm Les Mills TONE (45 min) Steph 5:30pm Zumba (K2 studio) Brigid 5:45pm BODYPUMP Laura 6:00pm Indoor Cycle (45 min) Karyn Class held in Cycle studio 6:45pm Gentle Evening Yoga Mary (K2 studio)	8:30am Fit for Life 2 Brian (W. Twin Oaks Terr. K1 studio) 1:15 pm Fit for Life 2 Brian (Gauthier Dr. Group fitness studio)
W	9:00am Vinyasa Yoga Paige 10:15am Les Mills Strength Development (45 min) Kim 5:30pm BODYPUMP Linda	6:00am BODYATTACK Jessie 8:00am BODYCOMBAT Kim 9:15am BODYPUMP Donna 10:30am Zumba Gold Ciara (EAAP Approved) 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 Fit for Life 1 Brian (Gym – Gauthier Dr. Essex)
Th	5:30am BODYCOMBAT Brian 8:00am GRIT Cardio Kim 8:30am Les Mills CORE Linda 9:15am Indoor Cycle Linda Class held in the cycle studio 5:30pm Step & Strength Makeey	7:00am Les Mills Strength Development (45 min) Laura 8:00am Indoor Cycle Sean Class held in Cycle Studio 8:30am ZUMBA (K2 studio) Abby 10:00am Gentle Yoga (K2 studio) Eric (EAAP approved) 12:00pm SPRINT 30 min (cycle) Njama 4:30pm Les Mills TONE (45 min) Steph 5:45pm BODYPUMP Jessie	8:30am Fit for Life 2 Brian (W. Twin Oaks Terr. K1 studio) 8:45am Aqua Fit Elle (Morse Dr Essex) 1:15 pm Fit for Life 2 Brian (Gauthier Dr. Group fitness studio)
F	8:30am BODYPUMP Andrew Class held in the gym 9:30am BODYCOMBAT Andrew 5:30 pm Fun Fit Friday (see class description page or app for class schedule)	7:00am BODYSTEP (45 min) Kari 8:00am BODYPUMP Katie 9:15am Les Mills CORE Donna 9:45am BODYBALANCE Charissa 12:00pm RPM (cycle) Njama 4:15pm ZUMBA Dance Party 01/03 only Regina 5:30pm BODYBALANCE Beth	9:00 am Aqua Walking Workout (AWW) BJ (Morse Drive Essex) 9:00 Aqua Fit Cardio Betsy (Eastwood Dr SB) 1:15 pm Fit for Life 1 Brian (Gym – Gauthier Dr. Essex)
Sa	8:15am Step, Strength & Core Makeey 8:30am Indoor Cycle Jaime Class held in the cycle studio 9:30am BODYCOMBAT Beth 10:45am SHAPES (45min) Beth	8:00am SHAPES (45 min)(K2 studio) Jen 8:00am BODYSTEP Steph 9:15am BODYPUMP Kim 9:15am RPM (cycle) Jen 10:30am Zumba Regina	 10:30am Cardio Surge Cindy (Eastwood Drive SB)
Su	9:00am BODYPUMP Caitlin 10:15am BODYBALANCE Caitlin	8:00am BODYPUMP Katie 9:15am BODYATTACK Marguerite 11:00am Gentle Yoga Flow (K1 studio) Emma	9:00 am Aqua Conditioning (Gauthier Dr.* Essex) Makeey 10:00am Qigong (K2 studio) Brian

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

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, 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 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**

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.

Step, Strength & Core: This 55-minute class will challenge with 30 minutes of step aerobics for cardiovascular conditioning with imbedded lower body strength followed by 15 of upper body strength and finishing with 10 minute of core-abdominal strengthening exercises.

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 class combines gentle flow with restorative poses to leave you feeling refreshed and relaxed. This month, we will focus on fostering strength and flexibility in the spine while emphasizing the metaphorical “backbone” of resilience.

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.

Fun Fit Friday: Join us every Friday for a fun rotating schedule of classes and instructors. This is a fun way to end the week and try something new!

EAAP Classes:

Qigong 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!

Fit for Life 1 & 2: These 55-minute classes combine strength training, flexibility, and mobility exercises to improve daily activities and overall fitness. Fit for Life 1 uses chairs. (These classes were formerly known as Senior Strength and Functional Fitness).

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 – Join Regina for a New Year Celebration on Friday 1/3/2025!

Gauthier Dr, Essex

Fun Fit Friday: January schedule

January 10- Bodystep w/Jen

January 17- Indoor Cycle w/Linda

January 24- Bodypump w/Jay

January 31- Bodycombat w/Kim