



New Year's Eve 12/31/2024 Group Fitness Schedule

Essex

Cycle Studio

5:30 am Virtual RPM
6:30 am Virtual RPM
7:30 am Virtual RPM
8:30 am Virtual RPM
9:45 am Cycle w/Sean
11:30 am Virtual RPM
12:30 pm Virtual RPM
1:30 pm Virtual RPM
2:30 pm Virtual RPM

Group Fitness Studio

7:45 am Virtual Bodybalance(30 min)
9:45 am Virtual Bodybalance
12:00 pm Virtual Bodypump
1:15 pm Functional Fitness w/Brian

GYM

5:30 am Bodypump w/Aimee
8:30 am Bodypump w/Kim

South Burlington West Twin Oaks Terrace

Cycle Studio

7:00 am Virtual RPM
8:00 am Virtual RPM
9:00 am Virtual RPM
10:00 am Virtual RPM
11:00 am Virtual RPM
12:00 pm RPM w/Njama
1:00 pm Virtual RPM
2:00 pm Virtual RPM

K1 Studio

7:15 am SHAPES w/Jen
8:30 am Functional Fitness w/Brian
12:00 pm Virtual Bodybalance
2:00 pm Virtual Bodypump

K2 Studio

8:15 am Bodyattack 30 min w/Jen
8:45 am Les Mills CORE 30 min w/Jen
10:00 am Gentle Yoga w/Nicole