



New Year's Day 2025 Group Fitness Schedule

Essex - Gauthier Dr

9:15 am BODYCOMBAT w/Kim & Brian (Gym)
10:30 am Indoor Cycle w/Linda 90 minutes
(Cycle Studio)

S. Burlington - 142 W. Twin Oaks Terr

9:30 am BODYPUMP w/Katie (K1)
10:45 am ZUMBA w/Regina & friends (K1)
11:45 am Yoga Flow w/Debbie (K2)



Sign-ups required for all classes as space is limited.
Questions? king@edgevt.com

Virtual Classes

Essex

9:30 am Virtual RPM
12:30 pm Virtual RPM
1:30 pm Virtual RPM
2:30 pm Virtual RPM
3:30 pm Virtual RPM

9:30 am Virtual Bodybalance
10:30 am Virtual BODYPUMP
11:45 am Virtual CORE
1:30 pm Virtual BODYPUMP
3:00 pm Virtual Bodybalance

South Burlington

10:00 am Virtual RPM
11:00 am Virtual RPM
12:00 pm Virtual RPM
1:00 pm Virtual RPM
2:00 pm Virtual RPM
3:00 pm Virtual RPM

1:30 pm Virtual BODYATTACK
2:45 pm Virtual BODYPUMP