



## Group Fitness Sept 2025

|           | Essex-Gauthier Drive<br>Classes held in the group fitness studio unless otherwise noted                                                                                                                                                                                                               | S. Burlington-142 W. Twin Oaks<br>Classes held in the K1 studio unless otherwise noted                                                                                                                                                                                                                                                                                | AQUA & EDGE Active Aging Program (EAAP)                                                                                                                                                                                                                                                                                              |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>M</b>  | <b>6:00am Les Mills Pilates</b> Julia (45 min) (Sept 15 <sup>th</sup> only)<br><b>8:20 am Les Mills CORE</b> Kim<br><b>9:00am BODYCOMBAT</b> Kim<br><b>10:15am Les Mills Strength Development</b> (45 min) Kim<br><br><b>5:30pm BODYPUMP</b> Andrew<br>Class held in Gym<br><b>5:30pm Zumba</b> Angel | <b>8:00am BODYPUMP</b> Jason<br><b>8:15am Essentrics® (K2)</b> (EAAP approved) Nicole<br><b>9:15am Les Mills TONE</b> (45 min) Katie<br><b>10:30am Zumba Gold</b> (EAAP approved) Ciara<br><br><b>4:30pm BODYPUMP</b> (45 min) Jay<br><b>5:30pm Zumba</b> Danielle<br><b>6:00pm Indoor Cycle</b> (45 min) (Sept 15 only) Sofia<br><b>6:45pm Yoga Flow (K2)</b> Debbie | <b>8:30am Aqua Fit</b> BJ (Morse Dr Essex)<br><b>9:00am Aqua Fit</b> Kolton (Eastwood Drive SB) Class starts 9/15<br><b>10:00am Aqua Arthritis</b> Nancy (Morse Drive Essex)<br><br><b>12:00pm Les Mills THRIVE</b> (45 min) (Gauthier Dr. Group Fit Studio) Brian<br><b>1:15 pm Fit for Life 1</b> Brian (Gym – Gauthier Dr. Essex) |
| <b>Tu</b> | <b>5:30am BODYPUMP</b> Aimee<br>Class held in the Gym<br><b>8:30am BODYPUMP</b> Kim<br>Class held in the gym<br><b>9:45am Les Mills Pilates</b> Julia (45 min) (Sept 23 <sup>rd</sup> only)<br><b>9:45am Indoor Cycle</b> Sean<br>Class held in Cycle Studio<br><br><b>5:45pm BODYCOMBAT</b> Beth     | <b>7:15am LM SHAPES</b> (45 min) Jen<br><b>8:15am BODYATTACK</b> (K2) (45min) Jen<br><b>10:00am Gentle Yoga</b> (K2) Amelia (EAAP approved)<br><br><b>12:00pm RPM</b> (cycle) Njama<br><br><b>5:45pm BODYPUMP</b> Laura                                                                                                                                               | <b>8:30am Fit for Life 2</b> Brian (W. Twin Oaks Terr. K1 studio)<br><b>1:15 pm Fit for Life 2</b> Brian (Gauthier Dr. Group fitness studio)                                                                                                                                                                                         |
| <b>W</b>  | <b>9:00am BODYBALANCE</b> Charissa<br><b>10:15am Les Mills Strength Development</b> (45 min) Kim<br><br><b>5:30pm BODYPUMP</b> Hannah                                                                                                                                                                 | <b>6:00am BODYATTACK</b> Jessie<br><b>8:00am BODYCOMBAT</b> Kim<br><b>8:15am Essentrics® (K2)</b> (EAAP approved) Nicole<br><b>9:15am BODYPUMP</b> Donna<br><b>10:30am Zumba Gold</b> (EAAP Approved) Ciara<br><b>5:45pm Zumba</b> Jen/Christian<br><b>7:00pm Yoga Flow</b> (K1) Nicole                                                                               | <b>9:00am Aqua Fit</b> BJ (Morse Dr Essex)<br><b>9:00am Aqua Fit</b> Kolton (Eastwood Dr SB) Class starts 9/17<br><br><b>12:00pm Les Mills THRIVE</b> (45 min) (Gauthier Dr. Group Fit Studio) Brian<br><b>1:15 pm Fit for Life 1</b> Brian (Gym – Gauthier Dr. Essex)                                                               |
| <b>Th</b> | <b>5:30am BODYCOMBAT</b> Brian<br><b>8:00am GRIT Cardio</b> Kim<br><b>8:30am Les Mills CORE</b> Kim<br><b>9:15am Indoor Cycle</b> Kate<br>Class held in the cycle studio<br><br><b>5:30pm Step &amp; Strength</b> Makeeey                                                                             | <b>7:30 am Fitness Fusion</b> Donna (45 min) (Sept 25 <sup>th</sup> only)<br><b>10:00am Gentle Yoga</b> (K2) (EAAP approved) Eric<br><br><b>5:45pm BODYPUMP</b> Jessie                                                                                                                                                                                                | <b>8:30am Fit for Life 2</b> Brian (W. Twin Oaks Terr. K1 studio)<br><b>8:45am Aqua Fit</b> Elle (Morse Dr Essex)<br><b>1:15 pm Fit for Life 2</b> Brian (Gauthier Dr. Group fitness studio)                                                                                                                                         |
| <b>F</b>  | <b>8:30am BODYPUMP</b> Andrew<br>Class held in the gym<br><b>9:30am BODYCOMBAT</b> Andrew<br><br><b>5:30pm Friday Zumba Party</b> (Sept 26 <sup>th</sup> only) Regina                                                                                                                                 | <b>7:00am BODYSTEP</b> (45 min) Kari<br><b>8:00am BODYPUMP</b> Katie<br><b>9:15am Les Mills CORE</b> Donna<br><br><b>12:00pm RPM</b> (cycle) Njama<br><br><b>5:30pm Friday Zumba Party</b> (Sept 5 <sup>th</sup> only) Regina                                                                                                                                         | <b>9:00 am Aqua Walking Workout (AWW)</b> Nancy (Morse Drive Essex)<br><b>9:00 Aqua Fit</b> Wendy (Eastwood Dr SB)<br><br><b>1:15 pm Fit for Life 1</b> Brian (Gym – Gauthier Dr. Essex)                                                                                                                                             |
| <b>Sa</b> | <b>8:15am Step, Strength &amp; Core</b> Makeeey<br><b>8:30am Indoor Cycle</b> Jaime<br>Class held in the cycle studio<br><b>9:30am BODYCOMBAT</b> Beth                                                                                                                                                | <b>8:15am LM SHAPES</b> (45 min)(K2) Jen<br><b>8:00am BODYSTEP</b> Steph<br><b>9:15am BODYPUMP</b> Kim<br><b>9:15am RPM</b> (cycle) Jen<br><b>10:30am Zumba</b> Regina                                                                                                                                                                                                | <b>10:30am Cardio Surge</b> Cindy (Eastwood Drive SB)                                                                                                                                                                                                                                                                                |
| <b>Su</b> | <b>9:00am BODYPUMP</b> Caitlin<br><b>10:15am BODYBALANCE</b> Caitlin                                                                                                                                                                                                                                  | <b>8:00am BODYPUMP</b> Katie<br><b>9:15am BODYATTACK</b> Marguerite/Kari<br><b>3:45pm Restorative Yoga (K2)</b> (Sept 21 <sup>st</sup> only) Amelia                                                                                                                                                                                                                   | <b>9:00 am Aqua Conditioning</b> (Gauthier Dr.* Essex) Makeeey                                                                                                                                                                                                                                                                       |

Schedule and instructors subject to change.

In equipment-based and cycle classes, please arrive 5-10 minutes before the start of class to allow for setting up.

Late arrivals 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.

Please note the Morse Dr. pool will be closed for routine maintenance from September 12-21 reopening on September 22nd.

## 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 15 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 [kimg@edgevt.com](mailto:kimg@edgevt.com) **Class 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.

**Les Mills PILATES** Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

 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 minutes 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. (EEAP 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)

**Slow Flow 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. The class is appropriate for all levels.

**Power Vinyasa Yoga:** In this class we will engage the connection between breath, body and mind to generate heat and build strength and flexibility. A dynamic flow of gradually intensifying postures followed by cool down and rest.

**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.

**Essentrics®:** **Essentrics®** is a dynamic full body workout that helps improve your posture and balance through a dynamic and fluid combination of strengthening and stretching. Suitable for all fitness levels, this program rebalances the body, increasing flexibility and mobility for a healthy, toned, and pain-free body. Class is appropriate for all and is EAAP approved.

### **EAAP Classes:**

**Les Mills THRIVE:** LES MILLS THRIVE is a 45-minute, low impact workout focusing on lower body and core strength to keep older adults fit for life.

**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). FFL 1 uses chairs; FFL 2 participants can expect to go to the floor. FFL 2 is more rigorous than FFL 1.

**Aqua Classes:** All our aqua classes are EAAP approved. These classes are also perfect for beginners or anyone looking for a fun alternative to traditional land classes.

**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** A fast-paced, moderate to high intensity aquatic workout that is fun for all levels. Equipment such as noodles and aqua dumbbells may be used with the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility. Options provided to customize the workout to you!

**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 everyone.

**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 the jumping. Make the most of low impact exercises in the pool. This class provides a challenging and fun workout for all levels. Equipment such as noodles and aqua dumbbells may be used.

## **Pop-up classes for September**

**West Twin Oaks Terrace**

**Zumba 9/5 5:30 pm w/Regina & Friends**

**Indoor Cycle 9/15 6:00 pm (45 min) w/Sofia**

**Restorative Yoga 9/21 3:45 pm w/Amelia**

**Fitness Fusion 9/25 7:30 am w/Donna**

**Essex**

**Les Mills Pilates 9/15 6:00 am & 9/23 9:45 am w/Julia**

**Zumba 9/26 5:30 pm w/Regina & Friends**

### **Descriptions:**

**Fitness Fusion:** This 45-minute class includes cardio, core, and strength all in one class. A variety of equipment will be used. Come for new challenges and have fun!

**Restorative Yoga:** Enjoy an hour of gentle movement, comforting music, and a supportive space in this restorative yoga class. During the hour you will be supported by blankets and blocks to allow you to fall into a deep relaxation state, reducing stress and creating a more conscious connection between mind and body. All you need to do is to show up and be ready to relax and to feel restored. This beginner friendly class will allow you to rest and relax your mind. Join Amelia for an hour of bliss.