

EDGE Active Aging Class Schedule

September 2026



Please Note:
The Morse Drive Aquatic Center will be **closed** starting Friday,
September 11, and is scheduled to reopen Saturday,
September 19.
No classes will be held during this period.



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ESSEX (GAUTHIER DRIVE)	Golden Rims 11:00am-12:45 pm Les Mills THRIVE 12:00-12:45pm Fit for Life 1 1:15pm-2:10pm	Fit for Life 2 1:15pm-2:10pm Gentle Yoga 10:30am-11:30am	Golden Rims 10:45 am - 12:45 pm Fit for Life 1 1:15pm-2:10pm	Fit for Life 2 1:15pm-2:10pm	Golden Rims 10:45am - 12:45pm Fit for Life 1 1:15pm-2:10pm Fit for Life 1 2:15pm-3:10pm		Aqua Conditioning 9:00am-9:55am Golden Rims 11:30am-2:00pm
ESSEX (MORSE DRIVE)	Aqua Fit 8:45am-9:40am Aqua Arthritis 10am-10:55am	Aqua Fit - Joint Love 7:00 am-7:55am	Aqua Fit 8:45am-9:40am	Aqua Fit 8:45am-9:40am	Aqua Walking Workout 10:45am		
SOUTH BURLINGTON (EASTWOOD DRIVE & WEST TWIN OAKS)	Essentrics®* 8:15-9:10am (K2) Aqua Fit 9:00am-9:55am Zumba Gold* 10:45 am	Fit for Life 2* 8:30am-9:25am (Pulse Studio) Gentle Yoga* 10:00am-10:55am (Inspire Studio)	Essentrics®* 8:15am-9:10am (Inspire Studio) Aqua Fit 9:00am-9:55am Zumba Gold* 10:45 am	Fit for Life 2* 8:30am-9:25am (Pulse Studio)	Essentrics®* 8:15am-9:10am (K2) Aqua Fit 9:00am-9:55am Les Mills THRIVE* 11:45-12:30pm (Pulse Studio)	Cardio Surge 10:30am-11:25am	

*At 142 W. Twin Oaks Terrace, South Burlington

 New class / updated time

 Basketball
 Group Fitness
 Aquatics

Classes are 55 min unless otherwise noted.
Space is limited; registration is required for all classes.
Reservations can be made up to 72 hours in advance from start time of class
online or by calling the club.