



In equipment-based and cycle classes, please arrive 5-10 minutes before the start of class to allow time for setting up. 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. Late arrivals are discouraged as they are disruptive.

Note- classes with * before them the actual start time is 5 minutes later than posted time.

Signups start 72 hours in advance of the class start time online @ www.edgevt.com, on the EDGE app, in person at any front desk by phone. Signups required for all classes.

Please bring your own mat for yoga, BODYBALANCE, CORE or any class you need/want a mat. For your safety and comfort, we recommend water shoes for all aqua classes.

Please note the closure of our Gauthier Dr pool for yearly maintenance October 2-9 Reopening Saturday 10/10

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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.

BODYPUMP HEAVY™ is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It’s simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns traditional weightlifting into a fun, social, and addictive experience.

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 with a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. **Les Mills Strength Development™** is designed to build strength in phases based on strength and conditioning science. Members progress through the essential elements of strength training with slow and controlled movements, functional exercises, and dynamic core work. It’s perfect for everyone from those new to lifting to seasoned pros. **Les Mills SHAPE™** 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 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 Instructors 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.

Qigong: Qigong (chi kung) is a health system with a history of more than a thousand years. Gentle movements with synchronized breathing balance the body and mind, reducing stress and promoting total-body health. Class is appropriate for all and is EAAP approved.

Gentle Yoga: Build strength and stability while nourishing the mind, body, and spirit connection during this class where participants will be guided through a gentle yoga practice suitable for beginners and experienced yogis alike looking for additional ways to move their bodies with intention, connection, and compassion. (EAAP approved) SB class may incorporate some elements of slow flow (modified for the gentle class).

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.

Slow Flow Yoga: Slow Flow yoga is a mindful, breath-linked practice that moves at a slower pace than traditional Vinyasa, typically holding each pose for several breaths allowing time to fully settle into each pose. Includes warm-ups, standing poses for strength & alignment, and moves into relaxation. A perfect balance of effort and ease making it ideal for all levels. Please bring your own mat.

Mindful Yoga: In this all-levels yoga class, we pick a theme for the month and dive into some fundamentals of yoga the first couple weeks. We then build upon those principles to create a more typical yoga sequence class in the last couple weeks of the month. You can just drop into a single class or treat it like a series and come every week. Breathwork, movement, meditation and even a little bit of philosophy combine to help you create a personal practice that will not only lead to well-being while on your mat, but throughout your everyday life.

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.

Les Mills THRIVE: This is a 45-minute, low impact workout focusing on lower body and core strength to keep you fit for life. Perfect for everyone! (EAAP approved) **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 is more rigorous than FFL 1. Essex participants – please bring a mat there is floor work in FFL2.

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 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 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.

Aqua Fit—Joint Love is a specialized class designed for members who need to protect their joints from impact. This class is ideal for individuals seeking joint protection, those experiencing pain during other types of exercise, or participants recovering from surgery. The program aims to deliver a substantial workout while prioritizing joint safety.

New classes, changes are highlighted in yellow, popups are highlighted in blue.

FACE Yoga: 10/21 only Let’s give the 60 muscles in your face, head, and neck some love. Come stretch your cheeks, jaw, tongue, and neck. Move your eyes and gently pull your ears. We'll self-massage the face, head, and neck. You'll walk out feeling relaxed with a smile on your face. 45 minutes

BODYSTEP 45 MIN 10/06 ONLY

AMERICAN CANCER SOCIETY: Making Strides VT FUNDRAISER: Free event for members & guests– donations encouraged but not mandatory. 8:30 am BODYCOMBAT 108 launch release; 9:35 am 30 min LM Yoga Yin; 10:15 – 11:30 am Zumba. Come for all or part of the fun! All proceeds go directly to the American Cancer Society Making Strides VT.

60th Celebration Cycle Join Linda in celebrating our 60th anniversary with these 60’s themed 60-minute cycle class!

10/17 in SB and 10/18 in Essex

Step Join Makeey in celebrating our 60th anniversary with this fun faster paced step class (35 min of step for leg strength and conditioning and cardio work followed by 10 minutes of focused CORE) 60’s & 70’s themed beats to celebrate! 10/16 only

Restorative Yoga: Enjoy gentle movement, comforting music, and a supportive space in this restorative yoga class. During this class 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. Appropriate for all fitness levels.

BODYJAM™ 10/15 & 10/18 only at WTO Step out of your comfort zone and into a killer workout! With the latest house, hip-hop, and drum n bass tracks, BODYJAM will get your heart pumping and endorphins flowing. This is a high-energy dance experience unlike anything else

Schedules and instructors subject to change without notice.

Questions, concerns, feedback, etc. regarding group fitness classes, instructors, or schedules – kimg@edgevt.com or 802-879-7734 x 1124