EDGE Active Aging Class Schedule

November 2026



EDGE ACTIVE AGING

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	**Essentrics®** 8 am **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 9:00 am		
SOUTH BURLINGTON (EASTWOOD DRIVE & WEST TWIN OAKS)	**Essentrics®*** 8:15-9:10am (K2) Aqua Fit 9:00am-9:55am ***No class 11/2*** **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 ***No class 11/4*** **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 *(K2)* Aqua Fit 9:00am-9:55am **Les Mills THRIVE*** 11:30am - 12:15pm *(Pulse Studio)*	Cardio Surge 10:30am-11:25am **Qigong*** 10:15 am *(Inspire Studio)*	***POP-UP:** Restorative Yoga w/ Ameila (75 mins) **11/29** *(Inspire Studio)*

***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.

About our EAAP Classes

Golden Rims	Pick-up basketball for those 55+.
Senior Strength	This class will combine cardio, free-weights, balance and core work as well as stretching, for integrated, functional fitness. *Options and modifications for all levels.*
Zumba Gold	Enjoy the same great music and energy of a Zumba class and recreate the original moves you love at a lower-intensity. Minimize stressful jerking and twisting with easy-to-follow choreography that focuses on balance, range of motion and coordination.
Gentle Yoga	Focus on breathing, muscle tone, balance, flexibility and relaxation in this inspiring class. An opportunity to create unity, oneness and connection, allowing us to explore ways to become aligned, balanced and centered.
Essentrics® Apprentice	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	A 45-minute, low-impact working focusing on lower body and core strength to keep older adults fit for life. Class held in the Gauthier Dr. Group Fitness Studio.
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 for balance and support. (These classes were formerly known as Senior Strength and Functional Fitness).
Qigong	This class is lead in simple, repetitive, precise set of movements with health benefits. Some benefits include improvement in balance, flexibility, grounding, stress reduction and breathing efficiency. No experience necessary and all are welcome!
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 - Joint Love	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.
Aqua Conditioning	This class is moderately paced and uses only the resistance of the water to build strength, flexibility and balance. Class is held in the pool at Gauthier Dr and is appropriate for anyone.
Aqua Arthritis	A community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. This class will include range of motion, strengthening and endurance exercises to reduce fatigue, pain and stiffness and improve day to day function.
Aqua Walking Workout	Water walking requires more effort and ultimately burns more calories than walking on land, while decreasing the impact on the joints. The heated pool can soothe pain and you will improve cardiovascular fitness, balance, and range of motion.
Cardio Surge	Get an awesome workout without all of the jumping. Make the most of low impact exercises in the pool. This class provides a fun yet challenging workout for all levels.