Group Fitness November 2026

	Essex-Gauthier Drive Classes held in the group fitness studio unless otherwise noted	S. Burlington-142 W. Twin Oaks Classes held in the PULSE studio unless otherwise noted	AQUA & EDGE Active Aging Program (EAAP)
M	**5:30am BODYCOMBAT** Brian ***8:15am Les Mills CORE** Brian **9:00am BODYCOMBAT** Kim G **10:05am BODYPUMP HEAVY** Kim G **12:00pm Les Mills THRIVE (45 min) (EAAP approved)** Brian **5:30pm BODYPUMP** Andrew Class held in Gym **5:30pm Zumba** Angel **5:30pm Indoor Cycle** Jaime Class held in cycle studio	**8:00am BODYPUMP** **Linda** **8:15am Essentrics® (Inspire) (EAAP approved)** Nicole **9:15am Les Mills TONE(45 min)** Marguerite **10:45am Zumba Gold (EAAP approved)** Ciara **4:30pm BODYPUMP (45 min)** Jay **5:30pm Les Mills GRIT (30 min) Rebecca** **5:30pm Zumba (INSPIRE)** Danielle **6:45pm Yoga Flow (Inspire)** Debbie	**8:45am Aqua Fit** BJ **(Morse Dr Essex)** **9:00am Aqua Fit** Avena **(Eastwood Dr SB) no class 11/02** **10:00am Aqua Arthritis** Nancy **(Morse Drive Essex)** **1:15 pm Fit for Life 1** Brian **(Gym – Gauthier Dr. Essex)**
Tu	**5:30am BODYPUMP** Aimee Class held in Gym **8:00am Essentrics®** (EAAP approved) Sharon **8:30am BODYPUMP** Kim G Class held in Gym **9:45am Indoor Cycle** Sean Class held in cycle Studio **10:30am Gentle Yoga** Nicole S. **5:45pm BODYCOMBAT** Beth ***6:45pm Les Mills Yoga Yin (45 min) 11/10 Beth**	**7:15am BODYATTACK (45 min)** Jen **8:15am LM SHAPES (INSPIRE) (45min)** Jen **10:00am Gentle Yoga (INSPIRE) (EAAP approved)** Eric **12:00 pm RPM (Crank Studio)** Njama **12:00pm BODYPUMP Heavy** Ashley **4:30pm Les Mills TONE (45 min)** Steph **5:30pm Indoor Cycle(Crank Studio) (45 min)** Karyn **5:45pm BODYPUMP Heavy** Laura	***7:00am Aqua Fit- Joint Love (50 min) (Morse Dr Essex) Wendy** **8:30am Fit for Life 2** Brian **(PULSE)** **1:15 pm Fit for Life 2** Brian **(Gauthier Dr. GF Studio)**
W	**8:00am Les Mills Strength Development (45 min)** Charissa **9:00am BODYBALANCE** Charissa **5:30pm BODYPUMP Heavy** Linda	**6:00am BODYATTACK** Kari **8:00am BODYCOMBAT** Kim G **8:15am Essentrics® (INSPIRE) (EAAP approved)** Nicole **9:15am BODYPUMP** Donna **10:45am Zumba Gold (EAAP Approved)** Ciara **4:30pm BODYPUMP** **STAFF** **5:45pm Zumba** Jen/Christian **No class 11/25**	**8:45am Aqua Fit** BJ **(Morse Dr Essex)** **9:00am Aqua Fit** Avena **(Eastwood Dr SB) No class 11/04** **1:15 pm Fit for Life 1** Brian **(Gym – Gauthier Dr. Essex)**
Th	**5:30am Les Mills Strength Development (45 min)** Brian **8:00am GRITCardio(30 min)** Ashley ***8:30am Les Mills CORE** Linda **9:15am Indoor Cycle** Linda Class held in cycle studio **10:30am Slow Flow Yoga** Becky **5:30pm Step & Strength** Makeey	**6:00am BODYPUMP Heavy** Laura **8:15am Yoga Flow (INSPIRE)** Nicole **10:00am Gentle Yoga (INSPIRE) (EAAP approved)** **Janet** **12:00pm BODYPUMP Heavy** Kim G **4:30pm Les Mills TONE (45 min)** Steph **5:45pm BODYPUMP** Jessie	**8:30am Fit for Life 2** Brian **(PULSE)** **8:45am Aqua Fit** Elle **(Morse Dr Essex)** **1:15 pm Fit for Life 2** Brian **(Gauthier Dr. GF Studio)**
F	**5:30am Indoor Cycle** Aimee **No class 11/27** **8:30am BODYPUMP** Andrew Class held in gym ***9:30am BODYCOMBAT** Andrew **5:30pm Zumba Friday Dance Party 11/20 Staff**	**7:00am BODYSTEP (45 min)** Kari **No class 11/27** **8:00am BODYPUMP** **8:15am Essentrics® (INSPIRE) (EAAP approved)** Sharon **9:15am Les Mills CORE** Donna **10:00am Mindful Yoga (INSPIRE)** Eric **11:30am Les Mills THRIVE (45 min) (PULSE) (EAAP approved)** Brian **12:00 pm RPM (Crank Studio)** Njama **5:30pm BODYBALANCE** Beth **5:30pm Zumba Friday Dance Party 11/06 (INSPIRE) Staff**	**9:00 am Aqua Walking Workout (AWW)** Nancy **(Morse Drive Essex)** **9:00am Aqua Fit** Avena **(Eastwood Dr SB)** **1:15 pm Fit for Life 1** Brian **(Gym – Gauthier Dr. Essex)**
Sa	**8:15am Step, Strength & Core** Makeey **8:30am Indoor Cycle** Jaime Class held in the cycle studio **9:30am BODYCOMBAT** Beth ***10:30am LM SHAPES (45 min) Beth**	**8:00am BODYSTEP** Steph **8:15am RPM (CRANK 45 min)** **Jen** **9:15am LM SHAPES (45 min) (INSPIRE)** **Jen** **9:15am BODYPUMP Heavy** Linda **10:15am Qigong (Inspire)** (EAAP approved) Brian **10:30am Zumba** Regina	**10:30am Cardio Surge** Cindy **(Eastwood Drive SB)**
Su	**9:00am BODYPUMP** Caitlin **10:15am BODYBALANCE** Caitlin	**8:00am BODYPUMP** Kari **9:15am BODYATTACK** Kari **10:30am BODYJAM Starts 11/08 Kelly** **3:00 pm Restorative Yoga (75 min) 11/29 Amelia**	**9:00 am Aqua Conditioning (Gauthier Dr. Essex)** Makeey

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.

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

Please bring your own mat for yoga, BODYBALANCE, CORE or any class you need/want a mat. We have a limited number of mats available.

For your safety and comfort, we recommend water shoes for all aqua classes.

Please note that all clubs are closed on Thursday 11/26 for Thanksgiving.

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. Questions email kimg@edgevt.com **Class limited to 15 participants.**

Les Mills 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.

Les Mills *BODYJAM™* 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

ZUMBA 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.

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.

Les Mills Yoga Yin (45 min) Essex 11/10 *6:45 pm w/Beth

Restorative Yoga (75 min) South Burlington 11/29 3:00 pm w/Amelia

Friday night Zumba Dance Party South Burlington 11/06; Essex 11/27 w/Zumba Instructor Team

Schedules and instructors subject to change without notice.

Signups required for all classes.

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