

# JANUARY 2019

## Group Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Gym Fit</b> Carly (60 min) 6:30 am	<b>Indoor Cycling</b> Andrew (45 min) 6:45 am	<b>Gym Fit</b> Carly (60 min) 6:30 am	<b>Indoor Cycling</b> Eric (60 min) 6:45 am	<b>Gym Fit</b> Andrew (60 min) 6:30 am	
<b>Indoor Cycling</b> Eric (60 min) 8:00 am	<b>Body Sculpt</b> Carly (60 min) 8:30 am	<b>Mat Pilates</b> Karen (60 min) 8:30 am	<b>Better Balance</b> Liz (60 min) 8:30 am	<b>Mat Pilates</b> Lucy (60 min) 8:30 am	<b>Body Sculpt</b> Carly (60 min) 8:30 am	<b>Hatha Yoga</b> Lalita (75 min) 8:00 am
<b>Hatha Yoga</b> Lalita (60 min) 9:30 am	<b>Slow Flow Yoga</b> Amanda (75 min) 9:45 am	<b>Yoga &amp; Meditation</b> Shoshana (60 min) 9:45 am	<b>Vinyasa Flow</b> Amanda (75 min) 9:45 am	<b>Mindful Yoga</b> Shoshana (60 min) 9:45 am	<b>Swim Lessons*</b> Nicola 8:00-10:30 am	<b>Swim Lessons*</b> Nicola 8:00 – 10:30 am
<b>Yoga for Strength &amp; Balance</b> Caroline (75 min) 3:00 pm	<b>Aqua Aerobics</b> Kerry (60 min) 10:30 am	<b>Pilates Essentials (In Studio)*</b> Trina (55 min) 12:00pm <i>(Limited Space)</i>	<b>Aqua Aerobics</b> Liz (60 min) 11:15 am	<b>Pilates Essentials (In Studio)*</b> Trina (55 min) 12:00 pm <i>(Limited Space)</i>	<b>Flow &amp; Restore</b> Amanda (90 min) 9:45 am	<b>Indoor Cycling</b> Carly (45 min) 10:00 am
	<b>Stability Ball Workout</b> Carly (60 min) 11:30 am	<b>Swim Lessons*</b> Nicola 3:30 – 7:00 pm	<b>Stability Ball Workout</b> Carly (60 min) 11:30 am	<b>PiYo</b> Jody (60 min) 12:00 pm	<b>Aqua Aerobics</b> Andrew (60 min) 10:30 am	<b>Karate Adult*</b> Brian (60 min) 11:00 am
	<b>Happy Hour Yoga</b> Maeve (60 min) 5:45 pm	<b>Karate Jr. &amp; Adult*</b> Brian (90 min) No class 1/1. 5:30 pm	<b>Swim Lessons*</b> Nicola 3:30 – 7:00 pm	<b>Karate Jr. &amp; Adult*</b> Brian (90 min) No class 1/3. 5:30 pm	<b>Stability Ball Workout</b> Carly (60 min) 11:30 am	
		<b>Indoor Cycling</b> Bonnie (45 min) 5:45 pm	<b>Power Hour</b> Andrew (60 min) 5:30 pm <i>Racquetball Court</i>	<b>Aqua Aerobics*</b> Body by Bari (60 min) 5:30 pm <i>(no class 1/10)</i>	<b>Power Hour</b> Andrew (60 min) 5:30 pm <i>Racquetball Court</i>	
			<b>Aikido*</b> (90 min) 6:30 pm	<b>Indoor Cycling</b> Bonnie (45 min) 5:45 pm		

\* Classes marked with an asterisk require an additional fee. Pre-registration may be required.

Questions?  
Call the Club Desk at 802-457-6656.

**10 Group Fitness Class Punch Card \$135**

Group Fitness Class Drop In:  
\$15 per 60 minute class, \$7.50 per 30 min class  
additional \$5 per 75 or 90 minute classes.

### **Aqua Aerobics**

This class incorporates strength and toning exercises with moderate-to-high-intensity aerobics using both the natural resistance of the water and “water weights.” The class is designed for those who wish to obtain an excellent and safe cardiovascular workout while increasing strength, endurance, and range of motion. One lap lane only will be open during aqua aerobics. \* *Body by Bari Aqua Aerobics (on Thursdays) has additional fee: AC Members: \$13.00, Non-Members: \$16.00.*

### **Better Balance**

All levels are encouraged to participate in this balance class that minimizes the risk of falling in daily life. Participants will focus on maintaining mobility, and activities of daily life, using exercises to develop muscle strength and flexibility, as well as improve range of motion and posture. Coordination and agility activities also included.

### **Body Sculpt**

This sculpting class focuses on your posture, core, and balance, all while increasing endurance and flexibility. Look forward to a mix of strengthening exercises, HIIT cardio, and core work — using equipment like gliding discs, dumbbells, resistance bands, and stability balls.

### **Gym Fit**

Our boot camp-style class, Gym Fit is a total body workout using the gym, training room, open areas, and outside when weather permits. Each class involves resistance training, bodyweight exercises, and cardio. Every workout is different, so you can drop in to one class a week or come to all three and still keep your body guessing.

### **Indoor Cycling**

Take your cycling workout indoors in our fabulous cycling studio with top of the line Technogym stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. You will be kept motivated by the instructor, the people around you, and the music! Reserve your seat ahead of time by calling the Club Desk at 802-457-6656. Space is limited.

### **Karate, Karate Jr, Karate Open Floor, and Aikido \* Additional Fee**

Karate classes meet multiple times weekly and offer a variety of levels. Please contact Sensei Brian Moe for more information on programs and rates at [wdsk@aol.com](mailto:wdsk@aol.com).

### **Mat Pilates**

This mat-work Pilates class follows the classical routine with instruction and hands-on help for alignment and understanding of the movement. The class incorporates strength, stretch, and stability, and modifies for your needs.

### **Pilates Essentials (In Studio)\* Additional Fee**

Come learn the basics of Pilates with Trina, our certified STOTT Pilates Instructor and MAT Specialist. Enjoy using the Pilates studio while you lengthen and strengthen muscles like never before. You will find the necessity for Pilates in your life! Space is limited, call ahead. Class cost for AC Members: \$20.00, Non-members \$30.00

### **PiYo®**

A total-body strengthening class, PiYo® combines movements and exercises from Pilates and yoga to create a unique and fun workout. Using athletic stretching, bodyweight training, and cardio conditioning, this high-energy, yet low-impact class helps increase flexibility, balance, and strength.

### **Power Hour**

This is a total-body strength and conditioning class, using a variety of equipment on the gym floor, or outdoors when the weather is warm! You won't get bored, but you *will* start to see results in muscle tone and definition! Every level of fitness and strength is welcome in Power Hour – modifications and progressions are available for every exercise we do.

### **Stability Ball Workout**

Challenge your balance and core with this workout using a stability ball. Participants will use a variety of equipment including bands, dumbbells and body bars, using the stability balls as a bench, a seat, and more! This class is suitable for all levels, and beginners to working out are welcome.

### **Swim Lessons \* Additional Fee**

Pre-arranged private or small-group swim lessons for children, and adults taught by instructor Nicola Shipman. For more information on registering, visit [www.swimwithnicola.weebly.com](http://www.swimwithnicola.weebly.com). One lap lane only will be open during swim lessons.

## **YOGA**

### **Chair Yoga with Amanda**

Chair yoga is a gentle form of yoga practiced sitting on a chair, or standing using the chair for support. Perfect for beginners, chair yoga is also a beneficial practice for those at all levels, as it deepens flexibility, and strengthens your personal body awareness.

### **Flow & Restore with Amanda**

Incorporating pranayama, meditation, and flowing movement with longer holds. Warm up the body and then take it down to enhance the experience with longer, restorative holds to deeply stretch, open, and calm.

### **Happy Hour Yoga with Maeve**

This all-level yoga class is the perfect way to start your week. Meditation, stretching, strengthening, and balancing poses are all geared to making you feel happy and relaxed.

### **Hatha Yoga with Lalita**

Hatha yoga is a vigorous class consisting of sun and moon salutation. It integrates postures, breathing exercises, relaxation, and meditation to harmonize you on every level — body, mind, and spirit. It is a mindful and moving class.

### **Mindful Yoga with Shoshana**

Bring mindfulness practice onto the yoga mat. We will use careful attention to breath, sensation, and movement to cultivate a deliberate state of mindful awareness. The one-hour class weaves together gentle yoga postures, breath exercises, and brief exploration of mindfulness meditation. Mindfulness has been shown to reduce stress and anxiety, improve mood, promote equanimity, improve concentration, enhance self-compassion and empathy, and foster positive relationships.

### **Slow Flow Yoga with Amanda**

A gentle class that flows with breath from one pose to the next. Longer holds in between transitions let you feel into poses with each breath, and focus on alignment.

### **Vinyasa Intermediate Yoga with Amanda**

A Vinyasa practice works to increase strength, flexibility, endurance, and greater body awareness. Modifications offered throughout class make this accessible for all levels.

### **Yoga for Strength and Balance with Caroline**

Match movement to breath as you flow through poses to elevate your heart rate and warm your muscles. **You'll hold challenging poses for long periods to build physical and mental strength. Building on this strength, your skills will be put to the test with stability and balance postures. Your practice will come full circle with a cool down that will put you in a deep state of relaxation.**

### **Yoga & Meditation with Shoshana**

Classes will include meditation to promote quiet and contemplation, breathing and chanting to balance the nervous system, and flowing asana sequences that gently energize the body.