

SEPTEMBER 2019

Group Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gym Fit Carly (60 min) 6:30 am	Indoor Cycling Jen (45 min) 6:45 am	Gym Fit Carly (60 min) 6:30 am	Indoor Cycling Eric (60 min) 6:45 am	Gym Fit Andrew (60 min) 6:30 am	
Indoor Cycling Eric (60 min) 8:00 am	Body Sculpt Carly (60 min) 8:30 am	Mat Pilates Karen (60 min) 8:30 am	Body Sculpt Carly (60 min) 8:30 am	Beginner Mat Pilates Karen (60 min) 8:30 am	Body Sculpt Carly (60 min) 8:30 am	Hatha Yoga Lalita (75 min) 8:00 am
Hatha Yoga Lalita (60 min) 9:30 am	Slow Flow Yoga Amanda (75 min) 9:45 am	Yoga & Meditation Shoshana (60 min) 9:45 am	Aqua Aerobics Liz (60 min) 9:30 am	Mindful Yoga Shoshana (60 min) 9:45 am	Swim Lessons* Nicola 8:00 – 10:30 am (starts 9/20)	Indoor Cycling Carly (45 min) 10:00 am
	Aqua Aerobics Kerry (60 min) 10:30 am	Pilates Essentials (In Studio)* Trina (55 min) 1:00 pm (Limited Space)	Vinyasa Flow Amanda (75 min) 9:45 am	PiYo Jody (60 min) 12:00 pm	Flow & Restore Amanda (90 min) 9:45 am	Kundalini Yoga Justein (60 min) 10:00 am
	Adult Only Swim (90 min) 5:30 – 7:00pm	Swim Lessons* Nicola 3:30 – 7:30 pm (starts 9/17)	Swim Lessons* Nicola 3:30 – 7:30 pm (starts 9/18)	Pilates Essentials (In Studio)* Trina (55 min) 1:00 pm (Limited Space)	TSC Aqua Aerobics* Bari (45 min) 1:30 pm	Karate Adult* Brian (60 min) 11:00 am
	Power Hour Andrew (60 min) 5:45 pm <i>Offsite: Meet at Mt. Peg trails parking lot on Route 106</i>	Karate Jr. & Adult* Brian (90 min) 5:30 pm (no class 9/3)	Power Hour Andrew (60 min) 5:45 pm <i>Racquetball Court</i>	Karate Jr. & Adult* Brian (90 min) 5:30 pm (no class 9/6)		
			Aikido* (90 min) 6:30 pm	Aqua Aerobics* Body by Bari (60 min) 5:30 pm		
				Adult Only Swim (75 min) 6:30 – 7:45pm		

Fitness Classes

Non-Member Class Drop In Rates:
\$15 for a 45-60-minute class
\$20 for a 75-minute class
\$25 for a 90-minute class

10 Fitness Class Punch Card, \$135
*(Cards have an expiration date of
 12 months from purchase date.)*

Look out for
**September pop-up
 classes! Check
 email, Facebook,
 and posters
 around the club!**

***Classes marked with an asterisk require an additional fee.**

Want to book a private class? Questions?
Please call the Club Desk at 802-457-6656.

FITNESS

Adult Only Swim

During this time, the indoor pool and whirlpool areas will be open for Adult Swim only. Adult is a guest 16 years old or older.

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 (seasonal) has additional fee: AC Members: \$13.00, Non-Members: \$16.00.*

Beginner Mat Pilates

This mat-work Pilates class introduces beginners to the exercises of the classical routine. The class incorporates strength, stretch, and stability, and modifies for your needs. Timing and endurance are less intense than the regular Mat Pilates class, and gentle stretching is incorporated throughout.

Body Sculpt

This class is a fun way to start your day! We use a mix of strengthening exercises, HIIT cardio, and core work — using equipment like gliding discs, dumbbells, resistance bands, and your own body weight. Modifications are offered for every level, and you'll finish knowing you got a great workout!

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.

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 and Pilates Intermediate (In Studio)* Additional Fee

If you are new to Pilates, come learn the basics with Trina, our certified STOTT Pilates Instructor and MAT Specialist, in the Essentials classes. Enjoy using the Pilates studio while you lengthen and strengthen muscles like never before. If you have experience with Reformers, we also offer Intermediate classes, to meet your abilities. 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! (Summer 2019, Monday class meets at the Mt. Peg trails parking lot). 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.

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. One lap lane only will be open during swim lessons.

TSC (Thompson Senior Center) Aqua Aerobics * Additional Fee

Aqua Aerobics with Coach Bari! Participants must sign up through the Thompson Center in Woodstock, VT. This is a pre-registered class.

YOGA

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.

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.

Kundalini Yoga with Justein

Kundalini is called the mother of all yoga. This non-dogmatic class is suitable for all levels, including beginners. You will focus on building muscle strength for supporting poses, as well as opening the chakras of the body using Kundalini.

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 & 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.