

NOVEMBER 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	Mat Pilates Lucy (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	Yin Yoga Amanda (75 min) 9:45 am	Mindful Yoga Shoshana (60 min) 9:45 am	Flow & Restore Amanda (90 min) 9:45 am <i>(no class 11/1)</i>	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 <i>(Limited Space)</i>	Vinyasa Flow Amanda (60 min) 11:15 am	PiYo Jody (60 min) 12:00 pm	Stability Ball Carly (60 min) 11:30 am <i>Sign up required minimum 3 participants</i> <i>(no class 11/1)</i>	Kundalini Yoga Justein (60 min) 10:00 am <i>(no class 11/16)</i>
	Adult Only Swim (90 min) 5:30 – 7:00pm	Karate Jr. & Adult* Brian (90 min) 5:30 pm	Power Hour Andrew (60 min) 5:45 pm <i>Racquetball Court</i>	Pilates Essentials (In Studio)* Trina (55 min) 1:00 pm <i>(Limited Space)</i>		Karate Adult* Brian (60 min) 11:00 am
	Power Hour Andrew (60 min) 5:45 pm <i>Racquetball Court</i>	Indoor Cycling Bonnie (45 min) 5:45 pm	Indoor Cycling Tom (45 min) 5:45 pm	Karate Jr. & Adult* Brian (90 min) 5:30 pm	TSC Aqua Aerobics* Bari (45 min) 1:30 pm <i>(no class 11/1)</i>	
			Aikido* (90 min) 6:30 pm	Aqua Aerobics* Body by Bari (60 min) 5:30 pm	Yoga for Strength & Balance Caroline (60 min) 3:00 pm	
				Indoor Cycling Jen (45 min) 5:45pm		
				Adult Only Swim (75 min) 6:30 – 7:45pm		

Purple = Yoga
Yellow = Cycling
Green = Group Fitness
Orange = Pilates
Blue = Aqua/Pool
Grey = Martial Arts

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 November
 pop-up classes! Check
 email, Facebook, and
 posters around the club!

Thanksgiving Day we
 offer two classes – Yoga at
 8:00am and Indoor
 Cycling at 8:15am.

*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 -intensity aerobics using the natural resistance of the water and “water weights.” The class provides 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.*

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 (In Studio) * Additional Fee

If you are new to Pilates, come learn the basics in the Essentials classes. 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 strengthening class for total body, 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 full-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.

Stability Ball Workout

Challenge your balance and core with this workout using a stability ball. This is a full body workout, focusing on engaging your abs and postural muscles while strengthening upper and lower body. Participants will use the stability balls as a bench, a seat, and more, with dumbbells or body bars. This class offers modifications if necessary – you won’t believe how hard you can work on a stability ball!

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 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.

Yin Yoga with Amanda

In yoga, all the tissues of the body are considered either Yin or Yang. Yin Yoga works on the Yin tissues – also known as the connective tissues, our tendons, ligaments and fascia. The more mobile and pliable muscles and blood are Yang. Participants will move through poses in long holds, up to five minutes each, with meditation incorporated. Yin Yoga is extremely relaxing and calming for the body, mind and soul.

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.

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.