

# JANUARY 2020

## Group Fitness Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Gym Fit</b> Carly (60 min) 6:30 am	<b>Indoor Cycling</b> Jen (45 min) 6:45 am	<b>Gym Fit</b> Andrew S. (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>Body Sculpt</b> Carly (60 min) 8:30 am	<b>Mat Pilates</b> Lucy (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>Pilates Essentials (In Studio)*</b> Angela (55 min) 8:30 am <i>(Limited Space)</i>	<b>Vinyasa Flow</b> Amanda (60 min) 9:45 am	<b>Pilates Essentials (In Studio)*</b> Angela (55 min) 8:30 am <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>Aqua Fit</b> Kerry (60 min) 10:30 am	<b>Yoga &amp; Meditation</b> Shoshana (60 min) 9:45 am	<b>Aqua Fit</b> Andrew S. (60 min) 10:30 am	<b>Mindful Yoga</b> Shoshana (60 min) 9:45 am	<b>Aqua Fit</b> Andrew S. (60 min) 10:30 am	<b>Kundalini Yoga</b> Justein (60 min) 10:00 am	
	<b>Adult Only Swim</b> (90 min) 5:30 – 7:00pm	<b>Pilates Intermediate (In Studio)*</b> Trina (55 min) 10:30 am <i>(Limited Space)</i>	<b>Yin Yoga</b> Amanda (75 min) 11:00 am	<b>Pilates Intermediate (In Studio)*</b> Trina (55 min) 10:30 am <i>(Limited Space)</i>		<b>Karate Adult*</b> Brian (60 min) 11:00 am <i>(No class 1/4)</i>	
	<b>Power Hour</b> Andrew N. (60 min) 5:45 pm	<b>Pilates Essentials (In Studio)*</b> Trina (55 min) 11:30 am <i>(Limited Space)</i>	<b>Power Hour</b> Andrew N. (60 min) 5:45 pm	<b>Pilates Essentials (In Studio)*</b> Trina (55 min) 11:30 am <i>(Limited Space)</i>			
	<b>Indoor Cycling</b> Tom (45 min) 5:45 pm	<b>Karate Jr. &amp; Adult*</b> Brian (90 min) 5:30 pm	<b>Indoor Cycling</b> Carly (45 min) 5:45 pm	<b>Aikido*</b> (90 min) 6:30 pm <i>(No class 1/1)</i>	<b>PiYo</b> Jody (60 min) 12:00 pm		
		<b>Indoor Cycling</b> Bonnie (45 min) 5:45 pm		<b>Karate Jr. &amp; Adult*</b> Brian (90 min) 5:30 pm <i>(No class 1/2)</i>			
				<b>Aqua Aerobics*</b> Body by Bari (60 min) 5:30 pm <i>(No class 1/2)</i>			
				<b>Indoor Cycling</b> Jen (45 min) 5:45pm			
				<b>Adult Only Swim</b> (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.)*

\*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.

**Pop-Up Classes & Programs**

Sat 1/18: Chakras Workshop with Justein, 1:00 – 2:30pm, \$35(m) \$45(nm)

Intro to Strength Training for Women with Carly. Small group program for women – pre-sign up only. \$250(m) \$275(nm). Tues & Thurs 5:30 – 6:30pm

## 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 Fit

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!

### 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 more. 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 and Pilates Intermediate (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. If you have experience with Reformers, we also offer Intermediate classes, to meet your abilities. 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

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! Modifications and progressions are available for every exercise.

## 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.