

# Club News—2014 Group Fitness Edition



## The Best Group Activities Delivered With Consistency, Energy & Passion

From MOSSA,  
world class  
program  
architects and  
instructor trainers:



**GROUP ACTIVE®** All the training you need—cardio, strength, balance, and flexibility—in just one hour. Get stronger and healthier with inspiring music, dumbbells, body weight, and simple athletic movements. (B, I, A.)

**GROUP POWER™** Blast all your muscles with this high-rep weight training workout. Using barbells and body weight, Group Power combines lunges, squats, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. (I, A.)

### The Midday Exercise Club

The Midday Exercise Club is not technically a class—it is moderate, guided *individual* exercise. Members of the group gather and do their own exercise but with old and new Midday Exercise Club friends, and with professional supervision. (B, I.)



The original, authentic, and best group cycling program on the planet. On Spinner bikes, riders experience a challenging, exhilarating and fun workout. Knowledgeable and inspiring Certified Spinning Instructors—the core of Spinning—ensure riders enjoy the journey. If you can ride a bike you can do this class. Everyone works at their own level. (B, I, A.)

### Moderate Guided Strength Training

For de-conditioned adults, people with physical challenges and those who want a moderate, guided program. Professional trainers guide participants through strength training with light dumbbells as well as balance and flexibility exercises. Exercises are moderate but the difference in your life is profound. (B, I.)

### Karate

Led by seventh degree black belt, Jim Goss, the VS&F karate program is part of an internationally recognized program in traditional Okinawan Goju-Ryu Karate (hard/soft system). Participants include men and women and range from beginners to advanced practitioners. People of all fitness levels with a sincere desire to improve are welcome to join at any time. Karate is free for club members. (B, I, A.)



Sharon Cole and Sherry Duprey, mother and daughter, do all of their exercise in VS&F groups. Right now it's Spinning, Yoga, Zumba, and Group Active. "We've improved in every way," they told us recently. Their strength and energy are up, their weight is down, and they are feeling good. Even their moods are better. It's a beautiful thing.



With Latin and international music and sexy but simple moves, you'll have lots of fun plus effective exercise. There is plenty of cardio for heart health and calorie burn, and strengthening and toning for your legs, abs, arms, and glutes. Zumba is infectious. It's a "feel-happy" workout that makes you want to come back for more. (B, I, A.)

*more Group Activities on pg. 2*

**All Classes Free with Membership!**  
Class Difficulty: **B** (beginner),  
**I** (intermediate), **A** (advanced).

## Pilates

For long, lean body lines, super abs, relaxed, erect posture and flexibility. Pilates connects the mind and body. It also improves energy and endurance, bone density, body awareness, and it can reduce or eliminate back pain. Pilates is a super choice to look and feel your best. (B, I, A.)

## Yoga

Highly trained and skilled teachers lead classes of Gentle Yoga, Flow Yoga and Integrative Yoga. Aerial Yoga is also available, for a fee, for individuals and small groups. Besides overall strength, core strength, flexibility, and stress reduction, yoga has many surprising benefits supported by a growing body of research. These include help with weight loss, maintenance of weight loss, reduced food cravings, better sleep, reduced migraines, and a stronger immune system. To get tranquil, strong and healthy, yoga at VS&F is a great choice. (B, I, A.)

## The One Thing You *Must* Do to Protect Your Heart

Physical inactivity has a greater influence on women's heart disease than any other risk factor. This includes smoking, poor diet, excess weight, high cholesterol and high blood pressure. A very good reason to start a class today.

**Vermont Five Star Tennis Camp**  
**June 23rd to Aug. 14th, 2014**  
 For Ages 5-14



**We Train Some of Vermont's Best Young Players—And Beginners, Too.**

**Plus: Swimming & Fitness Activities**


# ActivTrax

Personalized workouts for every session.

### Mid-Day Exercise Club

*Moderate guided exercise for people with health or strength challenges.*

**Mon, Wed, Fri 1-3**  
**Tues & Thurs 11:15-12:00**  
**\$40 a Month**



## Summer Dues

**\$67\*** a month  
with **ZERO** initiation

**OR** **\$57\*** a month  
with a **\$70** initiation

*Special rates for families and qualified students.*

\*prorated first month, last month, tax, and \$5 registration due on joining

# All Classes Included with Membership

Effective June 15, 2014. Schedules subject to change. Please sign up for starred (\*) classes in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6:00 a.m.		<b>SPINNING</b> Laurie *	<b>GROUP ACTIVE</b> Samantha *	<b>SPINNING</b> Laurie *		Saturday <b>SPINNING</b> (8:15 a.m.) Jen *
9:15 a.m.	<b>GROUP POWER</b> (9:00 a.m.) Julie *	<b>SPINNING</b> Cara *	<b>GROUP POWER</b> (9:00 a.m.) Jen *	<b>SPINNING</b> Cara *	<b>ZUMBA</b> Peg	<b>GROUP POWER</b> (9:30 a.m.) Jen *
10:15 a.m.		<b>Flow Yoga</b> Jess (body-mind room)	<b>Gentle Pilates</b> Jess (body-mind room)	<b>Integrative Yoga</b> Stephanie (body-mind room)	<b>Flow Yoga</b> Jody (body-mind room)	
11:15 a.m.		<b>Moderate Guided Strength Training</b> Melissa Crossman		<b>Moderate Guided Strength Training</b> Chrissy		
4:30 p.m.	<b>GROUP ACTIVE</b> Sandy *	<b>ZUMBA</b> Peg	<b>ZUMBA</b> Peg	<b>Pilates</b> Chrissy (body-mind room)	<b>GROUP ACTIVE</b> Sandy *	
5:30 p.m.	<b>Gentle Yoga</b> (5:15 p.m.) Stephanie (body-mind room)	<b>SPINNING</b> Melissa Crossman *	<b>GROUP POWER</b> Samantha *	<b>SPINNING</b> Melissa Crossman *	<b>GROUP POWER</b> Samantha *	<b>ZUMBA</b> Sandy
6:30 p.m.	<b>Karate</b> Jim (body-mind room)			<b>Karate</b> Jim (body-mind room)		<b>Sunday</b> <b>GROUP ACTIVE</b> (9:15 a.m.) Samantha *

Go to [vsandf.com](http://vsandf.com) for class descriptions and current schedule.