

Club News—Winter/Spring 2015



Downstairs Weight Room & Track

The New North Wing at VS&F: Renovation To Be Completed for January Launch

North Wing **CrossFit**

1600 square feet of bumper plates, slam balls, kettle bells, jump boxes, suspension training and athletic group activities. You can do your own thing, or take a CrossFit class or Group Training session. Welcome CrossFit trainer Tristan Veilleux.



Group Core is hard core. You will train like an athlete in 30 action-packed minutes to develop a strong core from your shoulders to your hips. Athletic performance will improve and you will have abs like never before. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform—all to challenge you to reach your peak.



CARDIO SPORT

MOVEMENT'S IMAGINATION

This is a one-of-a-kind fitness environment that integrates interval training with compound sports-related movements in a unique and dynamic way. Whether you are just starting to grow your fitness or a seasoned athlete, Cardio Sport will elevate your fitness and keep you looking forward to your next session.

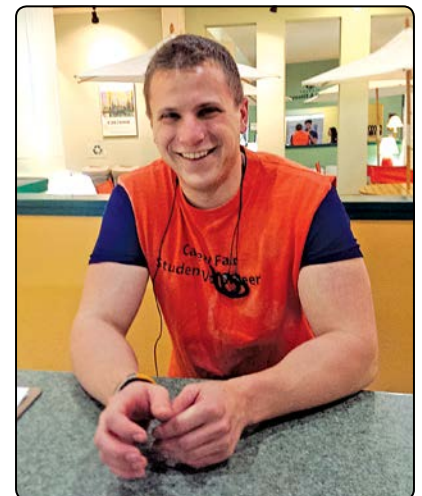


Triple Threat Basketball Training is available with Chuck McDonough to train children and adolescents. Members and guests can use the court except during group training times.



And a dedicated Spinning Room.

Note: The New North Wing is open to VS&F club members at no additional charge, except during scheduled classes and scheduled group personal training hours. Most North Wing group activities are also free for members (including Group Core and Cardio Sport). CrossFit classes and CrossFit group personal training will have fees.



Joe Danner—Robotics Engineer and Spartan Racer

When Joe, now 24, came to Rutland to work for GE, he was not in good shape. He had been 30 pounds overweight in high school and never was really fit. Joe joined VS&F in 2012 and soon was juggling a new job, new

continued on pg. 2

Joe Danner, Continued:

fitness activity, mentoring a high school robotics team and, as of this year, advancing his education. Now, 2½ years into his career, he is super fit and on his way to a double master's degree in business administration and global supply chain management. And by the way, he does at least one Spartan Race a year. It goes without saying that Joe will be spending time in our New North Wing, but not too much time. He exercises efficiently (he probably does everything efficiently), spending no more than an hour at the gym. This is good because he has a lot to do.



Yo-yo...Nah

The dreaded yo-yo syndrome, or “I lost 50 pounds last year...but I gained 55 (ba-dum ching).” Keeping weight off is hard because when we lose weight we are smaller so we burn fewer calories; also because of set-points: when our bodies are accustomed to a given weight they fight to return to that weight, even when it's not a good weight. Darn. Re-setting to a new lower set-point is not well understood but, at best, it takes a long time.

Jen Picard was featured in our Fall 2012 Newsletter after losing 20 pounds while at VS&F. She continued her progress, eventually losing 60 pounds more. Now Jen is working on maintaining her new weight. So far, so good. Very good! Breakfast like a queen,

lunch like a princess, and dinner like a pauper, with moderate portions and calorie control: plus exercise at VS&F that includes *High Intensity Interval Training* (HIIT, see article this pg.) with Chrissy Condon, twice a week. Jen is not only slim today, but strong and fit—and she is happy. But, wisely, she remains wary of the dreaded yo-yo.



Tracy Grieder—“I want people to understand that they can do this.”

Tracy, now age 57, had been an active man, with good annual check-ups, until a stroke and a subsequent grand mal seizure stopped him cold in 2001. He became cautious, too cautious, and was inactive for the next twelve years. An episode of dizziness last year scared him straight...straight to VS&F. He made a commitment to exercise and an investment in a personal trainer, our Chrissy Condon.

Tracy progressed slowly at first and then fast and steady. He has lost 25 pounds and his weight is right where he wants it to be. His personal training sessions also focus on HIIT (see next article), tuned and re-tuned to his improving fitness level.

In early December, in the VS&F lobby, Tracy said this: “I can't even describe the way that I feel. What this has done I never thought it could do. I want people to understand that they can do this.”

High vs Low Intensity Exercise—Which is Better

A number of approaches to high intensity training are very hot right now and they offer excellent benefits, including improved glucose metabolism, improved fat burning and shorter workouts.

High Intensity Interval Training (HIIT) is especially hot. In fact, it took over the American College of Sports Medicine's No. 1 spot in their 2014 survey of fitness trends. There is no specific formula for HIIT training but essentially it consists of a warm-up followed by alternating short bursts of intense activity with less intense recovery periods. This approach will be featured in the New North Wing.

Lower intensity exercise has many benefits, too. It is definitely best for the elderly or de-conditioned. It is also best for those recovering from illness or injury and for people just starting to exercise. For people in these categories it's like running a race: starting slowly will get you farther and faster than if you try to “sprint” at the start.

continued next pg.

Crossfit Membership Launch Pricing

\$119 a month (EFT)

Price includes all CrossFit classes and personal training groups plus full membership in VS&F.

CrossFit Punch Passes

10 visits for \$149

Current VS&F Members:

(Prior to February 1, 2015)

Add \$35 a month (EFT) to your VS&F dues for CrossFit Classes and group personal trainings privileges.

The CrossFit Room is available for personal use for all VS&F members at no additional charge during non-class or group personal training times.

Tennis

Another factor to consider is your personality. Choose an approach that fits you and vary your intensity (within your range) according to how you feel. Remember, intensity is an individual thing. Don't try to match someone else's. Except on a few TV shows fitness is not a competition.

Tennis Tip: How to Be Your Very Best

A key to playing your best tennis is learning to control the way you feel inside. Research has shown that, when athletes are performing at their peak, their inner climates are remarkably similar. The key elements are these: *A calm mind, relaxed muscles, confidence, high energy, feelings of effortlessness and automaticity, and focus in the immediate present.*

Athletes can learn to control their inner climates and much is learned naturally from athletic experience. But there are ways to speed this learning.

The subject is complicated but one tip to help your confidence is to play in plenty of matches where you are the better player. This is harder than you think because your ego is at risk. But as you play these matches and learn to control the points and your inner climate, your confidence will grow. For more tips see Frank, Dan or Rob.

Tennis for Non-Members, Non-Member Groups, And Families

Non-members can reserve courts by calling (802) 775-9916. The cost is \$20/hour per person.

Seasonal court rentals are also available at bargain prices for play during club quiet times. These might be just right for your family or your outdoor playing group.



VS&F Mixed 8.0 Team—Vermont and District Champions
(Kim Matheson-Shedrick and coach Dan Doenges not shown)

USTA Tennis Players Represent VS&F in VT And Regional Leagues

USTA league players compete with other Vermont teams and, when they qualify, for regional or national play. Players have fun, get good exercise, make friends and compete. The captains who led our teams this year: Betsy Reddy, Dan Doenges, Doris Reiser, Gale Courcelle, John Ruggiero, Lori Abelman, Marcy Galligan, Pat Keller, Pete Galligan, Sue Burgess, and Ted Shattuck.

VS&F also has lots of club leagues that are not so formal but a great opportunity for fun, exercise and friendships. Contact Tennis Program Manager Dan Doenges to learn how to get involved in informal or USTA league play.

Learn to Play Tennis!

Beginners, Intermediates & Re-starters; Ages 14 – Adult

\$59 Members, \$69 Non-members
First series is free for members!

For scheduling call tennis pro Dan Doenges at (802) 775-9916.



Players on this year's USTA teams:

Andy Shinn	Keith Tallon
Ann Robertello	Kent Smith
Annie Janeway	Kim Matheson-Shedrick
Archie Clark	Laura Johnson
Bess Lovett	Lenore Bianchi
Bob Wetherby	Linda Lovelady
Butch Casey	Liz Antonoff
Caroline Spiridakis	Mackie Lindermuth
Carolyn Shattuck	Margie Sullivan
Celeste Michel	Martha Kapraszewski
Chris Reynolds	Mary Cohen
Collin Fingon	Maureen Casella
Deb Weaver	Michelle Cordiero
Donna Dearborn	Mike Salem
Emily Mooney	Noha Hajj
Emma Schmell	Paul Colletti
Erin Marston	Paul Garland
Heath Haskell	Pepe Guggenberger
Heike Russell	Robin Barley-Waegener
Howard Weaver	Ronna Charlton
Inge Guggenberger	Sandy Abatiell
Jackie Vero	Sandy Farbman
Jeff Rosen	Sandy Gonzalez
Jim Reddy	Sheila Mccullough
Jim Smith	Suana Bicek
John Lenser	Susan Stoutes
John Manchester	Tom Boswell
Judy Levine	Tony Spiridakis
Julie Carp	Trevor Kelson
Julie Louras	Wally Kangas
Kate Wysolmerski	Zach Weaver
Katie Meisinger	

Quickstart Junior Tennis

February 6th – March 10th

Fridays 4:00–5:00 pm

\$60 (6 weeks). \$14 drop in. Ages 5–14.

Low and Moderate Circuit Training— Burn an Extra 150 Calories an Hour

An easy way to alternate short periods of cardio with short periods of strength training is to use our weight lifting area, downstairs, that is surrounded by a walking or jogging track (see banner top of pg. 1). Do a Cybex or free weight exercise with lighter weights and higher repetitions, usually 12 to 20 repetitions, and then circle the track one or two laps. If you do only six exercises, two sets each, and walk two brisk laps between each set, plus four



laps for a warm-up and four to cool down, you will have walked a mile and a half. Your heart rate will stay somewhat elevated and you will have burned 150 or more calories than if you paused to rest between sets. An additional bonus: Circuit training burns more fat calories than traditional approaches. Your total time spent exercising: about 40 minutes.

Not a Joiner? We Understand.

VS&F Punch Passes!

Receive a \$20 Gift Card*
For Every \$100 You Spend.

10-Class Punch Pass: \$119

30-Class Punch Pass: \$299

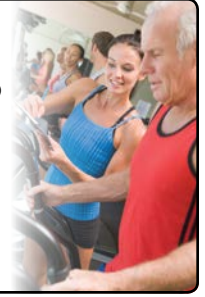
10-Class CrossFit Pass: \$149

*limited time offer.

Mid-Day Exercise Club

Moderate guided exercise for people with health or strength challenges.

Mon, Wed, Fri 1-3
\$40 a Month



Membership

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



\$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

These Classes Included with Membership

See vsandf.com for upcoming North Wing classes. Schedules subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6:00 a.m.		Lindsey *	Samantha *	Lindsey *		Saturday Integrative Yoga (7:45 a.m.) Stephanie (body-mind room)
9:15 a.m.	Julie *	Cara *	30 min. Cara *	Cara *	Peg	(8:15 a.m.) Jen *
10:15 a.m.		Flow Yoga Jess (body-mind room)	Gentle Pilates Jess (body-mind room)	Integrative Yoga Stephanie (body-mind room)	Flow Yoga Jody (body-mind room)	Ask (9:30 a.m.)
12:15 p.m.	30 min. Julie *				30 min. Julie *	Sunday (9:15 a.m.) Samantha *
1:00 p.m.		Age Defying Interval Training Chrissy		Age Defying Interval Training Melissa Crossman		
4:30 p.m.	Sandy *	Peg Kettle Bells & Body Weight Chrissy *	Peg	Pilates Chrissy (body-mind room)	Sandy *	Intro to CrossFit (1:00 p.m.) Tristan * (First class free)
5:30 p.m.	Gentle Yoga (5:15 p.m.) Stephanie (body-mind room)	Melissa Crossman *	Samantha *	Melissa Crossman *	Samantha *	Sandy
6:30 p.m.	Karate Jim (body-mind room)	CARDIO SPORT Samantha *		Karate Jim (body-mind room)	CARDIO SPORT Chrissy *	* Sign up for starred classes in advance.

Go to vsandf.com for class descriptions and current schedule.