

Club News—Fall/Winter 2015–16



Downstairs Weight Room & Track

Group Activities With a Purpose



**The New Game in Town
With Group Dynamic and The CST**

We introduced Cardio Sport last year. It is innovative and inspirational with interval training, strength training and sports-related movements, all with a fun-filled concert vibe. Called “Group Dynamic” in this year’s schedule, this program is free for club members.

This year we are adding Cardio Sport’s second signature program, “The CST,” designed to complement Group Dynamic. Less intense, with more focus on strength and lean muscle development, The CST is more like a personal training session than a class. There IS a fee for The CST.

With both programs you’ll feel like an athlete and see superb results.

See the video at cardiosport.net for a look at what we are talking about.



Mossa is the most respected developer of high quality group fitness workouts in our field. VS&F offers three Mossa programs, Group Active,

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North Wing Strength & Conditioning

See the difference it can make.



Trainer Tristan Veilleux (lower middle) with some of his students at a meet in Albany.

Led by CrossFit Level I certified trainer, Tristan Veilleux, North Wing CrossFit became North Wing Strength & Conditioning (S&C) on October 10th. We expect this program to be better than ever with new approaches and lots of personal attention. The emphasis will be on

functional exercises that stretch your limits and on technical proficiency for safety and maximum benefit.

Tristan is also available for individual personal training sessions at Vermont Sport & Fitness, specializing in strength and conditioning and in weight loss.

Jennifer Mitchell—“I really needed a change”

When she joined VS&F in July, Jen was not happy: with her job, with her personal life, and with the 30 extra pounds she had gained worrying about the first two. She was in a circle

of cause and effect that was rotating the wrong way. Luckily, she knew how to take charge of a situation. (She had spent 20 years giving orders in the mil-

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Jennifer Mitchell, cont. from pg. 1:

itary). She also knew how to delegate a few things and allowed us to guide her early steps.



Jen began with Activtrax for initial guidance but soon added group activities including Group Core, Group Power and Cardio Sport. She started to feel better. About four months in, she turned to CrossFit (now North Wing Strength & Conditioning), one of our most challenging programs. She also adjusted her diet. Results have been impressive: 27 pounds down and muscles toned and strong. Her cause and effect circle is rotating in the right direction, with new friends, a new job, and super physical condition. Life IS good!

Limitless Guidance: Free for EFT & Annual Members

Any time you want, as often as you want, and through the course of your membership, we can help you take that next step—by teaching you new exercises, different pieces of equipment, and improved technique. Simply make an appointment at our front desk.

The Psychology of Fitness

Fast Rewards from Exercise

We don't always do the best thing for our own long-term success. If we did, everyone would be physically active. Our personal struggle, when choosing between immediate and long-term rewards doesn't even feel like a fair fight.

That said, it's nice to know that exercise is not only about living longer and avoiding debilitating illness. It has fast rewards, too. Energy and mood perk up quickly for most people. And stressors seem less

stressful. According to Dr. Michelle Seger, a specialist in helping people become healthy exercisers, thoughts of long-term health are often not the best way to motivate.

Instead, she recommends thinking of physical activity as a way to revitalize and renew, and as fuel to feel better today and to help you succeed at what matters now. Our experience at VS&F shows that for many people this is very good advice.



The Aquistapaces— “It Was Time”

Frank and Bunny were not feeling so good. There had been some years of inactivity and their eating habits could have been better. There were reasons, of course—raising two boys and building a career can preoccupy. Luckily, the Aquistapaces were inspired by their sons. The two boys, Zach and Jordan, had gained weight after stellar athletic careers, but lost 120 pounds with exercise and eating clean and healthy (both were members of VS&F). Frank and Bunny thought “we can do that, too.”

Starting with Activtrax for structure and guidance, they found it was perfect for what they wanted. “It's taken us time to understand how our bodies react,” Frank said. “We started like gangbusters and could have burned out. Now we are on a steady pace, letting the program work for us.”

Still using Activtrax, Frank and Bunny exercise three or four times a

week with a combination of strength training and cardio exercise. They have lost 30 pounds in their 10 months and say their energy is up and life seems easier. “Exercise is part of our everyday lives,” Bunny said, “we feel good after we exercise.”



Lisa Moore—Getting Stronger Despite Challenges

Lisa has been exercising at VS&F for over a decade. Early on she fought debilitating back problems. They improved as she gained core strength and flexibility.

When her back pain was under control, Lisa's exercise remained steady and effective. She was feeling good... until she was hit with a ton of bricks. She learned she had breast cancer in January, 2014 and needed a double

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Tennis Tip

Relaxed muscles perform better.

The smooth flow of your best athletic moments requires a complicated series of muscle contractions throughout your body. Too much contraction, or contraction a split second too soon or too late interrupts flow and performance suffers. But there are things you can do for optimal muscle relaxation.

First, breathe as you strike each shot. To put it bluntly, it is impossible to play anywhere near your best without good breathing. Stubbornness on this point will defeat you. You may not be able to run, jump or time a ball like Federer but there is a chance you can breathe like he does. Second, stop trying to hit too hard. This leads to too much contraction, poorly timed contraction and frustration over missed shots (which causes even more unwanted contraction, i.e. tension). This is not good. Third, don't be too careful. This also tightens and constricts muscles in a way that interrupts timing and fluidity.

So go out and try softer, not harder, and have fun with your game. Relax and enjoy your way to playing to your current potential.

Tennis—It's a lifestyle...

...and it just might be the ultimate interval training.



Call Dan or e-mail ddoenges@gmail.com today to schedule your introductory lesson.

Quickstart Junior Tennis

October 30 – November 20
(4 sessions: \$45)

January 8 – February 12
(6 sessions: \$65)

Fridays 4:00–5:00 pm
\$14 drop in. Ages 5–14.

The Science of Fitness

Vigorous, Regular Exercise May Lengthen Your Life

In a study of over 200,000 middle-aged and older people, followed for six years, Australian researchers found regular exercise that is high intensity (activity that makes you sweaty and winded), when compared to more moderate activity (like gentle swimming, social tennis or household chores), can lengthen your life by as much as 9%. When 30% or more of your activity was high intensity, life expectancy rose by 13%. These findings applied to all ages and even to people with heart disease, diabetes or obesity.

For those who could manage some vigorous activity there were significant benefits.

But one should not minimize the effectiveness of more moderate exercise. It, too, has powerful benefits. The best overall plan is to exercise in ways you can continue and that you will enjoy. And, of course, older people, people with medical conditions and those who have not engaged in vigorous activity in a long time should check with their doctor before doing higher intensity exercise.

Lisa Moore, cont. from pg. 2:

mastectomy. Four surgeries and only seven months later, Lisa needs only some oral medication and quarterly check-ups.

Amazingly, and not exactly with Doctor's advice, Lisa missed only three weeks at VS&F. She says she has come back from her adversity stronger, mentally and physically. Her prognosis is excellent, her spirit is strong and when she comes to VS&F "It's like nothing else matters. It's my time."



New from Cardio Sport

The CST

Small Group & 1-to-1 Training

Challenge • Strength • Fun

See schedule of trainings at vsandf.com.

Additional sessions by appointment.

\$50/session (groups divide cost—up to 4 people)

Mid-Day Exercise Club

Moderate guided exercise for people with health or strength challenges.

Mon, Wed, Fri 1–3
\$40 a Month



Group Activities, cont. from pg. 1:

Group Core, and Group Power, all with instructors trained by Mossa.

Group Active

An Overall Workout—Fun for Everyone, First-Timers Included

A simple and athletic program drawing from all four elements of fitness: cardio, strength, balance and flexibility. With music made for exercise, Group Active is filled with energy and FUN, with challenges tuned to each participant’s level.

Group Core

30 Min. of Worthwhile Challenge

Group Core is edgy, explosive and powerful, for rock hard abs and well-toned glutes. Expert coaching and motivating music will challenge you to reach your peak.

Group Power

Mossa’s Most Popular Program

Arguably the most enjoyable way to strength train for lean muscle without bulk—with traditional strength exercises using light barbells plus the hottest functional moves. High-rep training, athletic movements, and a periodized training approach are key components, with dynamic music and motivating, energizing instruction.

This is Spinning!

The Original, Exhilarating Group Cycling Experience

On specially designed stationary bikes, riders experience a challenging and fun workout. Knowledgeable and inspiring Certified Spinning Instructors—the core of Spinning—ensure that riders enjoy each session. Seven classes each week.



Membership

\$69* a month with **ZERO** initiation

OR **\$59*** 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 Except S&C and The CST Included with Membership

Non-members: \$14 guest fee. North Wing Strength & Conditioning (S&C) requires an add-on or guest fee. The CST has a fee of \$50/session (groups divide the cost—up to 4 people).

Schedules subject to change. Please sign up for starred (*) classes in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		Lindsey *		Lindsey *		(8:15 a.m.) Jen *
9:15 a.m.	30 min. * Cara/Sherry	Cara *	30 min. * Cara *	Cara *	Peg	Sherry *
10:15 a.m.	GROUP DYNAMIC (10 a.m.) Cara/Melissa	Flow Yoga Jody	The CST	Gentle Pilates Chrissy	The CST	North Wing Strength & Conditioning (10:30 a.m.) Self-Led
11:15 a.m.		Age Defying Interval Training Chrissy		Age Defying Interval Training Melissa		
4:15 p.m.	Sandy *	Peg	Sherry	Sherry * Peg	Pilates Chrissy	The CST
5:30 p.m.	Gentle Yoga (5:15 p.m.) Stephanie	Melissa *	Samantha *	Melissa *	Samantha *	GROUP DYNAMIC Chrissy *
6:30 p.m.	Karate Jim	Samantha *	North Wing Strength & Conditioning (6:00 p.m.) Tristan	Karate Jim	S&C (6:00 p.m.) Tristan	

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