

# Club News



Nanci Gordon at Vermont Sport & Fitness Club

## Nanci Gordon is Member in Spotlight

Like many people who improve their fitness, Nanci Gordon, radio station WJJR's News and Public Service Director (and on-air personality), did not want to tell us how much weight she has lost. But she said it was plenty and she did want to talk about how good she feels, both mentally and physically. "I'm doing things I haven't done since I was a kid," she said. "I've exceeded my goals."

Nanci, motivated by health and quality of life issues, uses VS&F exercise equipment on her own, but mainly takes classes, including Strength Training, Pilates, Yoga and Qigong.

Nanci was never athletic, she said, and like a lot of our members, gym class (some years in her past) had been something of a trauma. But she has been comfortable at VS&F. "All shapes and sizes are here," she said. "We have fun together and work hard. The instructors do so much to help. I wanted to really stress how much they help. I really enjoy the

good will."

Nanci, congratulations. We are happy for your success, and appreciative of all you add to our positive environment.

## Pilates and Two Types of Yoga Open for Beginners

Pilates and Yoga are among the hottest fitness activities on a national level, and also very popular at VS&F. Moderate exercisers and beginners can start these programs at any time.

The benefits of Pilates (offered three times a week) include strength without bulk, flexibility, strong, firm core muscles (abs. back and glutes), and maintenance of back health. Gentle Yoga (Tuesdays at 5:30 pm) uses gentle stretches and breathing techniques to add flexibility and reduce stress. Gentle Yoga is for every fitness level including those with limited abilities.

Power Yoga (also three times a week) combines aerobic, strength and balance training followed by deep relaxation for mind and body. This class is excellent for almost every fitness level. (See reverse side for schedule.)



## VS&F Sends First Tennis Team to National Event — Wins 3 of 4 National Matches

Led by Captain Barry Isaacs, "Methuselah's Disciples," VS&F's "Super-Senior" 3.5 USTA team (age 60 and over) finished second in their flight and third overall at the USTA National Invitational Tournament, played November 21 - 23d in Scottsdale, Arizona. This marked the best finish ever for a VS&F team.



Methuselah's Disciples in Scottsdale, AZ

"The sportsmanship was outstanding," said Captain Isaacs, "and the competition was very even...the USTA rating system worked well." Congratulation to Barry and to his teammates, Bob Johnson, Kent Smith, Pepe Guggenberger, John Lenser and Tony Spiridakis.

NOTE: USTA team tennis allows players at any skill level to play on a team at their level and to compete with similar teams from other areas. VS&F currently has 14 USTA teams, for men, for women, and for mixed doubles.

## Group Fitness Classes

Schedule subject to change.

These classes are free for members; \$10 guest fee for non-members; Body-Mind classes \$12 guest fee.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30		*Spinning 6:15-7:00		*Spinning 6:15-7:00			
7:00						*Spinning 8:15-9:00	
8:00							
9:15							
9:30	*Body Pump	*Spinning	*Body Pump	Ask 775-9916		*Body Pump	
9:45							
10:00							
10:15						*Spinning	
10:30							
10:45							
11:00	Strength Training		Strength Training		Strength Training		
11:15							
11:30							
11:45							
12:00	*Spinning		*Spinning				
12:15							
12:30							
12:45							
1:00							
4:00						Please sign up for starred (*) classes in advance at Front Desk or by calling (802) 775-9916.	
4:15							
4:30							
4:45	Strength Training	Cardio Coach	Strength Training		Strength Training		
5:00							
5:15							
5:30							
5:45	Kick Boxing	*Body Pump	Kick Boxing	*Body Pump	*Spinning		
6:00							
6:15							
6:30							
6:45							
7:00		Step Aerobics		*Spinning			
7:15							
7:30							
7:45							

### Short Term Memberships

**NO INITIATION** plus \$59\* a month

OR

\$69 initiation plus \$49\* a month

Special Rates for qualified students and families. (All classes FREE.)

\*prorated first month, last month, tax, and \$4 registration due on joining

### Kid's Klases

Sat. morn.  
& Fri. aft.  
Call for info.  
775-9916

### Body-Mind Classes

**Monday**  
Pilates  
9:15 a.m.  
Power Yoga  
5:30 p.m.

**Tuesday**  
Power Yoga  
9:15 a.m.  
Meditation  
for Healing  
12:30 p.m.  
Gentle Yoga  
5:30 p.m.

**Wednesday**  
Pilates  
6:30 p.m.

**Thursday**  
Power Yoga  
9:15 a.m.  
Pilates  
4:30 p.m.  
Qigong  
6:30 p.m.

## Spinning Grows in Popularity

When Spinning or group cycling classes burst into prominence in the late 1990's, they were expected to be a fad. Instead, Spinning has developed a steady following that, at VS&F, continues to grow each year. There are several reasons for Spinning's popularity. For one thing, everyone knows how to ride a bike. Spinning is easy to do! Spinning is also an outstanding cardiovascular workout and excellent for

lower body muscle development. Motivating instructors, music, and supportive group energy add to the experience and help participants to bring out their best.

Anyone who can cycle at his or her own level for thirty minutes should be comfortable in a Spinning class, and since everyone is in charge of his own ride many different fitness levels can start and finish together.

See the schedule above for our eight weekly Spinning Classes.

**(802) 775-9916**

## Genetics and Weight Loss

Two landmark studies of identical twins (*Obesity Research*, 1994), found that *under identical conditions of excess calorie intake*, the range of weight gain was from 9.5 to 29 pounds. *Under identical conditions of excess caloric expenditure*, weight loss ranged from 2 to 17 pounds. These studies reveal the powerful impact of our inborn characteristics on our ability to gain or lose weight.

This does not mean that those who face the greatest challenges should give up. It does mean that you should not compare yourself to others (set your own goals instead), that you might need an individualized approach, and that your ultimate success will be so much the sweeter.