

Club News



Roland Fortin, Steve Martin and Stephen Smiel at VS&F

Special Olympians Share VS&F Spotlight

Several afternoons each week you can find friends and fellow athletes, Roland Fortin, Steve Martin and Stephen Smiel, exercising at VS&F. All are multi-sport Special Olympians who have competed successfully at the state, national and international level. Stephen Smiel medalled in basketball at two world games and has also been honored as a global messenger, speaking to groups throughout New England. Steve Martin talked of the value of the relationships he has formed rather than his athletic accomplishments. "We're not just teammates," he said. "We're special friends." Roland, a group leader as well as a top competitor, smiled as he said, "I'm pretty damn good." Thanks, Roland, Stephen and Steve, for being part of VS&F.

Member tries for 2006 Winter Olympic Team

Marci Francis has a goal: to make the 2006 Winter Olympic team in the sport of skeleton racing. Somewhat similar to luge, (she competed in the Olympic trials in that sport), skeleton is a one-person sport with participants sliding down icy tracks, head first, at upwards of 70 miles per hour. Aside from this, and several other daredevil pursuits, Marci seems like a normal young woman. She prepares both mentally and physically at VS&F, with special attention on learning to be fully relaxed and focused as she races toward the finish line.



Marci Francis at this year's National Skeleton Championships

Good luck, Marci. We hope you reach your goal.

Vermont 5 Star Tennis Camp Teaches Beginners and Experienced Children

Led by USPTA pro and camp founder, Dr. Frank Dorsky and 5-time NAIA Region 10 coach of the year, Rob Purdy, Vermont 5 Star Tennis Camp starts its 11th year on June 14th. VT 5 Star has taught some of Vermont's finest young players. It has also taught beginners and children whose athleticism has not yet blossomed. Whether your youngster seeks to be a top competitor or is just looking for active fun and lasting friendships, Vermont 5 Star can provide the perfect experience. Openings are available for all camp weeks and campers can register for a week or for the summer. Camp runs from 9 a.m. to noon, Monday through Thursday, rain or shine. In addition to tennis, campers can swim or take part in professionally supervised fitness activities at VS&F. Call or go online for registration forms, costs or additional information.



VERMONT
Sport & Fitness
Club

Adult Beginner and Advanced Beginner Tennis - Fun, Friends and Fitness

This summer's beginner and intermediate tennis programs will be on Monday and Wednesday evenings from 4 to 5 p.m. Two beginner programs, called Tennis 1,2,3 will be held. The first starts June 7 and ends June 23. The second starts June 28 and ends July 14. There will also be two advanced beginner programs.

The first starts on June 28 and ends July 14. The second starts July 19 and ends August 14. Call 775-9916 or go online at vsandf.com for more information.

5★ Tennis Camp

vsandf.com
Click on Youth Programs for costs and info.

How Often Should You Exercise?

Exercise wannabes sometimes believe they lack the time to do enough exercise to make a real difference. But how much exercise is enough? Surprisingly, if you have not been getting much exercise, a regular once-a-week program can make an important difference. Consider two inactive individuals. One starts a once-a-week program. The other remains inactive. The new exerciser gains a bit of fitness and improves overall

health, since when fitness is low, small amounts of exercise do make a difference. The non-exerciser continues to lose health and fitness. Over time, the differences between the once-a-week exerciser and the non-exerciser continue to grow, becoming more and more noticeable. The important principle in this is that the race to long-term health and fitness goes to the steady, not the sprinter. There is no substitute for staying active, week-in and week-out. So, although three to six days a week is ideal, don't under-estimate the value of exercising once a week.

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.

Summer Memberships
1, 2, and 3 Month Memberships Available
Special Rates for qualified Students and Families

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					*Spinning	
10:15						
10:30						
10:45						
11:00	Strength Training		Strength Training		Strength Training	
11:15						
11:30						
11:45						
12:00						
12:15	*Spinning		*Spinning			
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	Strength Training	Cardio Coach	Strength Training		Strength Training	
4:45						
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						

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