

Chuck Clarino is Member in Spotlight

Charles J. (Chuck) Clarino, is an award-winning sports writer, columnist, author, and a member of VS&F since 1992. Chuck's wife, Yvonne, also a writer, is a member of VS&F when she is in town. (She is a Professor of Journalism and Creative Writing at San Francisco State University.) Chuck and Yvonne have four grown children.



Chuck Clarino in the VS&F weight room
with staff member Elissa Dorsky

Chuck is 56 but appears younger and shows a youthful zest for life. When I asked about his goals, he said, "I want to write, travel and eat well, all over the world." "Traveling is hard work," he said, "my fitness makes it easy to travel and helps my writing." He added, "I'm Italian, so I love to eat. If I didn't work out I'd be as big as a house."

Chuck does mostly individual cardiovascular and flexibility exercise and takes an occasional Spinning class. "When you spend a lot of time writing," he said, "it's good to get a good sweat."

Chuck travels frequently and says none of the clubs come close to ours. Thanks for saying that, Chuck, and thanks for being part of VS&F.

Core Fitness —

Why is it so important?

Our "core" consists of all the muscles deep within the abdomen and back that attach to the spine and pelvis. Some of these muscles are the lats, the obliques, the various abdominal muscles, and the spinal erectors. These and other core muscles (commonly called the torso) work together to support the spine through all of our activities.

Core fitness helps with everything from gardening to picking up a baby to swinging a golf club. For older adults it helps with balance, getting in and out of chairs, bathing and other activities to maintain independence. For young athletes it is necessary to develop the balance and power of a top performer. For everyone, core fitness reduces the risk of injuries, especially of the back and spine. VS&F offers many ways to improve core fitness. Beneficial activities include yoga, pilates, stability-ball and balance-board exercises, and a variety of floor exercises. Call 775-9916 to learn more.



VERMONT
Sport & Fitness
Club

40 Curtis Avenue / Rutland, Vermont 05701 / 802-775-9916

Children's Programs

Children's Tennis Starts October 22

Led by tennis pro, Rob Purdy, group lessons for children will be held on Fridays from 4 to 5 p.m. The lessons are in 7-week sessions for ages 5-14. The cost of the program is \$60 and early registration is recommended to insure availability.

Weekly Classes for Teens and Pre-teens

Children's versions of two international programs (Spinning and Body Pump) will offer light weight lifting and cardio training for ages 12 to 15. Teenage Spinning, the cardio program, starts Tuesday, November 2nd. Teenage Body Pump starts Friday, November 5th. Classes are held weekly at 3:30 p.m. Both classes are free for student and junior club members and \$10 for non-members. Sign up at front desk or by calling 775-9916.

Junior and Student Memberships

Student memberships are available for individuals under age 21 or for those under 25 in full-time educational programs. Junior memberships are for children age 10-14; these children must be supervised under most conditions. Costs for these memberships are far below adult rates. Call 775-9916 or check the VS&F website for details.

Team Tennis

Thriving

Team tennis allows players to compete against players of similar abilities throughout Vermont, and for those who qualify, in New England and National Championships. Players compete in singles, doubles and mixed doubles with teams of six or eight players per event. Below is a list of this year's participants. Congratulations to all of you for being part of this national program.

Special thanks to our team captains: Kristin Kenosh, Normandie Keller, Caroline Spiridakis, Gail Moore, Gale Courcelle, Joan Gustafson, Patrick Keller, Dale Pfeiffenberger, Deb Weaver, Jayson Casavant, Dan Foley, Ted Shattuck, and Barry Isaacs.

How to Boost Your Will Power

Our decisions about when and how much to eat are critical to our health and to our weight. The science underlying these decisions has expanded rapidly, and we now know that some foods and some patterns of eating help us to control eating better than others.

Control over the level of glucose in the blood (blood sugar) is especially important. When blood sugar is too low, or is fluctuating wildly, it can be difficult to make healthy eating choices. When good nutritional choices are made and meals are eaten regularly, blood sugar is normally stable and control over eating is much easier.

When poor eating choices are made too frequently, there is risk of

a chronic problem with our signals to stop eating. This is called insulin resistance and can lead to obesity and type 2 diabetes.

Some foods cause our blood sugar to rise and then fall rapidly. Others cause a slower rise and fall. The speed at which foods cause blood sugar to change is called their *glycemic index*. Eating foods with a lower glycemic index (slower entry and exit from the blood stream) helps us to control appetite. The glycemic index provides important clues about which carbs to emphasize.

For information about the glycemic index and about carbs in general, go to diabetesnet.com. or vermontsportandfitness.com and click on "Good Carbs, Bad Carbs."

**Call us at (802) 775-9916
or visit online @
www.vermontsportandfitness.com**

Our USTA league participants

Laurie Abelman	Laurie Arnado	Clem Bianchi	Lenore Bianchi
Suana Bicek	Thomas Boswell	Lynn Boynton	Taina Boynton
Sandy Brutkoski	Susan Burgess	Bernard Buteau	Wayne Carlson
Jayson Casavant	Meghan Charlebois	Sybil Cioffi	Mary Cohen
Martha Coulter	Gale Courcelle	Mary Crawford	Wil Cunninham
Sarah DeCandio	Pete Doolittle	Katie Eaton	Jack Facey
Sandy Farbman	Dan Foley	Lorilee Foley	Anne Gallivan
Barbara Ghia	Sandy Gonzales	Terry Gould	Betsy Gray
Vaughan Griffin	Pepe Guggenberger	Joan Gustafson	Lew Hoffman
Colleen Holigan	Barry Isaacs	Robert Johnson	Tim Jones
Martha Kapraszewski	Kim Keller	Normandie Keller	Patrick Keller
Kristen Kenosh	Lorraine Kimble	Sibyl Kirby	Blanche Lenser
Eric Lenser	John Lenser	John Louras	Julie Louras
Joyce Lyons	Carol Macaluso	Cheryl McEwan	Donald McIntyre
Katie Meisinger	Cheryl Miller	Jim Montoro	Gail Moore
Lori Murphy	Michelle Opsahl	Jim Pell	Dale Pfeiffenberger
Poldi Pfeiffenberger	Louise Phelps	Chris Reynolds	Carolyn Shattuck
Ted Shattuck	Andy Shinn	Sue Shouldice	Carolyn Sloane
Jim Smith	Kent Smith	Megan Smith	Caroline Spiridakis
Tony Spiridakis	Susan Stoutes	Hathi Sullivan	Margie Sullivan
Jackie Vero	Deb Weaver	Howard Weaver	Bill Wheeler
Dawn White	Kate Wysolmerski		



Dr. Patrick Cooley in front of the mission statement in the VS&F lobby.

Free Sports Injury Screenings

Dr. Patrick Cooley, a licensed Physical Therapist and Chiropractic Physician is offering free evaluations at VS&F on Tuesday and Thursday afternoons. To learn more about Dr. Cooley and his multidisciplinary approach, go to www.vsandf.com and click on chiropractic and physical therapy services. To make an appointment for a free screening, call VS&F at (802) 775-9916 or call The Physical Rehabilitation and Health Center at (802) 775-6961.

Fall/Winter www.vsandf.com 2004/2005 Group Fitness Activities

Body-Mind Class Descriptions

Gentle Kripalu Yoga

Gentle movements, stretches and breathing to help you de-stress; for any fitness level including those with limited abilities; perfect for beginners.

Vigorous Yoga

For every fitness level including beginners, this class incorporates strength and balance training with deep relaxation.

Pilates

For longer leaner body lines. Pilates is terrific for core strength, balance, and strength without bulk. Beginners are always welcome.

Qigong

An ancient healing art, Qigong is a meditative discipline that utilizes breathing and gentle movement to cultivate and refine vitality and balance. It is an excellent way to de-stress and is great for beginners and those with limited abilities.

Meditation

Breathing and imagery exercises to promote healing of body and mind. Beginners are welcome.

Body-Mind Classes			
Monday	Tuesday	Wednesday	Thursday
Pilates 9:15 a.m.	Vigorous Yoga 9:15 a.m.	Pilates 6:30 p.m.	Moderate Yoga** 9:15 a.m.
Meditation* 12:30 p.m.	Gentle Yoga 5:30 p.m.		Pilates 4:30 p.m.
Vigorous Yoga 5:30 p.m.			Qigong 5:30 p.m.

*Begins November 8th **Begins October 14th \$12 guest fee for non-members

Schedule subject to change. Go to www.vermontsportandfitness.com for up-to-the-minute availability.

Taking a Class For the First Time?

First of all, we LOVE to have beginners! On your first day, arrive a few minutes early, let your instructor know it's your first time and mention any special concerns or needs you might have. Follow your instructor's guidance about adaptations that may be appropriate for you in your first few sessions and don't worry about keeping up with class veterans. Class participants are not in a contest. They are working together to reach personal goals. Have fun and don't worry about doing everything just right. We know what it's like to be a beginner.

Be Relaxed This Holiday Season -Meditation Class Benefits RAP

VS&F will be holding a 6-session meditation class for beginners and experienced participants. The class will be held on Mondays from 12:30 to 1:00 p.m., beginning on November 8. The cost of the six sessions is \$50 for non-members and \$25 for club members, with all proceeds going to The Rutland Area Drug Prevention Coalition.

Fall/Winter Memberships

NO Long-Term Commitment

\$59* a month
with **ZERO** initiation

OR

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

All classes FREE

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

What's So Good About Group Fitness?

A quarter of VS&F's members take classes. Here are some reasons why they do:

Classes have a group energy that makes the time fly by. They have expert instructors to help you do things right. Classes offer music, new friends, laughter and a sense of being part of something worthwhile. Lastly, classes add variety to your exercise routine and help to overcome training plateaus.

At VS&F we so much believe in group activity that we offer it free for all members. Still, about three quarters of our members do their own thing and we think that's great, too.



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Group Fitness Class Descriptions

Body Pump

A high intensity one-hour workout using light barbells and lots of repetitions, Body Pump builds lean muscle and muscle endurance. It is not recommended for the de-conditioned. VS&F's five weekly Body Pump classes are part of the international Body Pump program that trains and certifies all of our instructors.

Spinning

Also part of an international program, VS&F's nine weekly Spinning classes are all taught by well-trained, certified Spinning instructors. A Spinning class consists of 45 minutes of group cycling with jumps, hill climbs, sprints and steady tours. Spinning will be rewarding for anyone who can cycle at his/her own pace for 30 minutes. Intensity is adjusted to meet individual needs.

Strength Training

Straightforward and moderately paced hand-weight exercises and stretches with no fancy steps or moves and no impact, Strength Training is perfect for beginners, seniors and moderate exercisers. Strength Training is recommended to combat osteoporosis, improve balance and tone muscles. Strength Training also contributes to weight management goals by raising your metabolism. Certified instructors help participants modify exercises to meet individual needs and hand-weights vary from one to 30 pounds to allow safety and comfort for each class member.



Fitness Director, Helen Strom-Olsen (second from left in front), with some of her strength training class participants.

Kickboxing

Cardio exercise with boxing and kickboxing techniques and lots of variety. Beginners are welcome and participants can adjust intensity to their own needs. Prepare to have fun.

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Group Fitness Classes

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30		*Spinning 6:15-7:00		*Spinning 6:15-7:00		
7:00						
8:00						*Spinning 8:15-9:00
9:15						
9:30	*Body Pump	*Spinning	*Body Pump	Ask 775-9916		*Body Pump
9:45						
10:00						
10:15						
10:30					*Spinning	
10:45						
11:00						
11:15	Strength Training		Strength Training		Strength Training	
11:30						
11:45						
12:00						
12:15	*Spinning		*Spinning			
12:30						
12:45						
1:00						
3:30						
3:45						
4:00		Teenage Spinning Starts Nov. 2			Teenage Body Pump Starts Nov. 5	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		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				*Spinning		
7:00						

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