

Club News

Member Spotlight Shines on Champs

When the Rutland High Red Raiders won the 2005, Division I, Girls state basketball championship some of the loudest cheers came from VS&F. That's because four members of this year's team, plus the team manager, are club members.



Champions: Kaleigh and Marya Sullivan, Laura Hassebroek and Tara Sullivan in the VS&F weight room (Stephanie Casella not pictured)

Congrats to players Tara and Kaleigh Sullivan, Laura Hassebroek and Stephanie Casella. These girls grew their strength, built their stamina and honed some of their basketball skills at VS&F. Congrats, too, to team manager, Marya Sullivan, one of VS&F's favorite members. Thanks, Laura, Tara, Kaleigh, Stephanie and Marya, for making Rutland and VS&F very proud.

Waist Size Linked To Health Risks

Several new studies show significant correlations between waist size and a number of serious health problems including heart disease, diabetes, high blood

pressure and cholesterol levels. We have known for some time that obesity presents major health risks but this new research suggests that where you carry your weight may have special importance. Latest information suggests that health risks are increased when waist size is 36 inches or more for men and 34 inches or more for women. To learn more about the relationship between abdominal fat and health go to www.vermontsportandfitness.com and click on Health Value of Physical Activity.

What's New at VS&F?

Massage therapist, Pam Monaghan, joined our staff this March. She is available during the day on Tuesday, Wednesday, Fridays and Saturdays, and other days and times by appointment. We think Pam's great. We hope you will, too.

Yoga teacher, Jessica Nowakowski offers Yoga Rhythm on Mondays at 6 pm. Yoga Rhythm combines flowing yoga postures, rhythmical dance and traditional yoga breath work. Please try both new offerings. We need your help to get them started.

Vermont Five Star Tennis Camp Starts Mid June

We're excited about this year's camp as we plan for the start of our twelfth year. Five-time NAIA Division 10 coach-of-the-year Rob Purdy is back for his 11th year, along with an outstanding group of counselors and junior counselors, including some of Vermont's very best college and high school stars. USPTA Tennis Professional, Dr Frank Dorsky, the camp's founder, remains involved and, of course, campers can take advantage of all that VS&F has to offer, including swimming, fitness activities, and a variety of sports and games.

Vermont Five Star is for children ages 5 to 15 and includes beginners and advanced players. Camp starts June 13 and runs all summer long, Monday through Thursdays from 9 am to noon. Campers can sign up for a day, a week or all summer long.

Call 775-9916 or go on line to www.vermontsportandfitness.com for more camp information.

Tennis 1,2,3, for beginners and re-starters - six sessions, Tuesdays and Thursdays from June 13 to June 29 from 6 to 7 pm.

Tennis 4,5,6 for advanced beginners and re-starters - six sessions, Tuesdays and Thursdays from July 5 to July 21 from 6 to 7 pm.

Summer Adult Tennis Leagues - May 31 through September 2, Register by May 23.

Vermont Five Star tennis Camp - June 13 through August 18. Register early for savings and free tee shirt.



Surgeon General Recommends Strength Training

The Surgeon General says adults should strength train twice a week or more to help with energy, appearance, bone density, balance and quality of life. At Vermont Sport & fitness, two of our most popular ways to gain strength are weight lifting classes. One, called "Strength Training"

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

Body-Mind Classes*

Monday	Tuesday	Wednesday	Thursday
Pilates 9:15 a.m.	Gentle Pilates 10:30 a.m.	Moderate/ Vigorous Yoga 6:15 a.m.	Moderate Yoga 11:00 a.m.
Yoga Rhythm 6:00 p.m.	Gentle Yoga 5:30 p.m.	Pilates 6:30 p.m.	Meditation** 12:15-12:45 Pilates 4:30 p.m. Qigong 5:30 p.m.

*\$12 guest fee for non-members **Fee benefits RAP Coalition

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

is held six times a week and is perfect for beginners and seniors. It is easy to follow with no impact or complex moves. The other, Body Pump, held four times a week, is part of an international strengthening program that uses light barbells and high repetitions to build muscle endurance and lean muscle mass.

Call us at (802) 775-9916

or visit online @

www.vermontsportandfitness.com

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						*Spinning 8:15-9:00
8:00						
9:15						
9:30	Ask 775-9916	*Spinning	*Body Pump	Ask 775-9916		*Body Pump
9:45						
10:00						
10:15						
10:30					*Spinning	
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						
3:30						
3:45		Teenage Spinning				
4:00						
4:15						
4:30	Strength Training		Strength Training		Strength Training	
4:45						
5:00						
5:15						
5:30	Kick Boxing	*Body Pump	Kick Boxing	*Body Pump	*Spinning	
5:45						
6:00						
6:15						
6:30						
6:45				*Spinning		
7:00						

Please sign up
for starred (*)
classes in advance
at Front Desk
or by calling
(802) 775-9916.

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