

Club News

Taina Boynton, From Member to Teacher

Blessed with athletic genes and boundless energy, Taina is not our typical member. Instead, she's a model of the highest levels of physical fitness. A member of VS&F since 1995, Tai is a participant in almost all that we offer, and when we add something new she is among the first to try it. She makes fitness look easy but in other ways she's a lot like the rest of us. She works hard at home, helps her husband with their family business (The Village Snack Bar), and juggles activities with their two children. "Exercise keeps me balanced," she says. "If I'm irritable, my kids will say 'Mom, did you work out today?'"

When Tai decided to become an instructor last year we knew she would be a natural and we were right. She



Taina Boynton doing the "Superman," a part of her Body Attack class.

now holds national certifications as a *Spinning* and *Body Attack* (our newest program) instructor and also teaches

Strength Training. Her status as a member is coming to an end but we've added another outstanding teacher.

Osteoarthritis and Exercise

Osteoarthritis (OA), the most common form of arthritis, is what most people refer to as arthritis. OA is a natural effect of aging and of overuse of the cartilage that covers the ends of the bones within joints. It also occurs in younger people for a variety of reasons. More than 7 million people in the U.S. have OA.

Most experts recommend exercise for OA to improve range of motion, add strength around affected joints, and improve cardiovascular conditioning. All of this must be done gradually and with moderation. Careful choices need to be made about exercises that cause acute flare-ups and professional supervision is recommended, especially as you are getting started.

OA sufferers who enter exercise programs can expect to decrease pain and increase mobility. They also have a better chance to lose weight (a major factor in treatment) and to gain physical confidence.

See your doctor before starting to exercise and remember, each exercise prescription needs to be personally tailored.

Learn more about OA at vermontsportandfitness.com.



VERMONT
Sport & Fitness
Club

40 Curtis Avenue, Rutland, VT 05701
802-775-9916

Feb/March Tennis:

Adult Beginners

March 17 – April 14, Sat., 12–1

Junior Program

March 23 – April 27, Fri., 4–5

High School Competitors

Call for details.

Children's Birthday Parties at VS&F

Parties are held in an 800 square foot gymnasium where kids will have a blast. Choose your own activities or let us help. We can supervise a basketball, soccer or wiffle ball game and we have some special games to create a very memorable party. Call Johnni at 775-9916 or go on-line to learn more.

Group Fitness and Body-Mind Classes

Schedules subject to change. Go to www.vermontsportandfitness.com for up-to-the-minute availability. Classes in red are held in the Body-Mind Room. Please sign up for starred (*) classes in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
6:15						
6:30						
6:45		*Spinning		*Spinning		
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						
8:30						*Spinning
8:45						
9:00						
9:15						
9:30	*Pilates	*Spinning	*Body Pump	Body Attack	*Spinning	
9:45						*Body Pump
10:00						
10:15						
10:30						
10:45		*Gentle Pilates		Flow Yoga		
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						
1:15						
1:30						
1:45						
4:00						
4:15						
4:30	Strength Training	*Pilates	Strength Training	*Pilates	Strength Training	
4:45						
5:00						
5:15						
5:30		*Body Pump	Gentle Yoga	Kick Boxing	Fitness Yoga	*Body Pump
5:45	Body Attack					*Spinning
6:00						
6:15						
6:30						

Complimentary
**New Member
Fitness Orientations
Cardiovascular
Training:**
Saturdays 9:00 am &
Wednesdays 5:00 pm.

Strength Training:
Saturdays 9:45 am &
Thursdays 5:30 pm

*Nutrition consultation
by appointment.*

Go to vsandf.com for class descriptions.

Body Attack Comes to VS&F

Body Attack is VS&F's third international program (*Spinning* and *Body Pump* are the others) and we hope to add more. Taught by Taina Boynton (see front page), *Body Attack* is a simple, high-intensity group exercise-to-music class with options for all fitness levels. *Body Attack* builds upper and lower body strength and adds cardio conditioning, too. You only need moderate fitness to take a class and moves are simple. Check the class schedule for days and times.



Fitness Director Helen Strom-Olsen's Pilates class in the VS&F Body-Mind Room.

ActivTrax

Get baseline testing and then a detailed fitness program for every workout. Activtrax works!



Vermont
Five Star
Tennis Camp

Tennis, swimming and fitness
For 5 to 15 year olds

Starts June 11 – enroll early to save \$\$.

❄️ Winter Memberships ❄️

NO Long-Term Commitment

\$62* a month
with **ZERO** initiation **OR** **\$52*** a month
with a **\$69** initiation

Special rates for families and qualified students.

All classes FREE

*prorated first month, last month, tax, and \$5 registration due on joining