



VERMONT Sport & Fitness Club



Father-Son Pair Benefit from Exercising Together

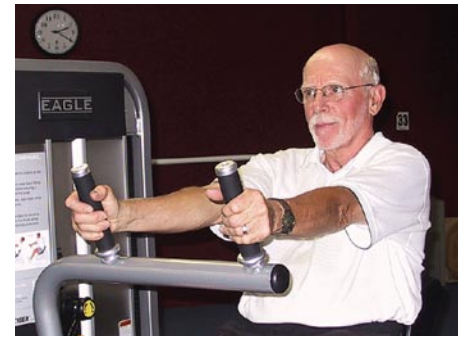
Dan Hoffman, a doctoral candidate and teacher at Columbia University, was home for the summer. He wanted to continue his fitness activity and also spend time with his dad, Lew, so they decided to exercise together. Lew and his wife, Jerri, had been members of VS&F for a while but Lew only played tennis. Dan and Lew decided to use our ActivTrax program to guide and structure their exercise. They began by working with a trainer to set goals, test their baselines and orient to our equipment.

“Before that, I didn’t know what to do,” said Lew. “After three or four hours of help, I could go on my own, and it’s been great. I’m a big fan of ActivTrax.”

But what about results? Well, Lew lost 15 pounds over the summer and he feels stronger. His tennis is improved (especially his leg strength and serve) and walking his dog, Jodi, up that last big hill is no longer a strain. Building an addition to his house is also noticeably easier now that he has more stamina.

As for Dan, he’s back to work in New York after a summer of healthy activity with his Dad. He was fit when he started but he gained some strength and muscle tone along the way. We expect it will be a summer he will long and fondly remember.

All of the fitness services described are free with most memberships.



Lew Hoffman.

Build a Supportive Network to Help You Get Fit

A strong support system can make all the difference when it comes to getting your exercise. Family, friends and co-workers can help but they can also be a hindrance. So don’t be afraid to ask for support and to talk with the important people in your life about ways to balance the competing demands on your time and energy.

Personal trainers, exercise groups and exercise partners can also be excellent sources of support. The important thing is to find the people and the situations that work for you. It’s also wise to be prepared for barriers so you can work around them in constructive ways. Go to www.acsm-healthfitness.org (vol.12/no.4) to learn more.

Exercise Slows Alzheimer’s, Study Shows

Exercise has been shown to be a “magic pill” that improves life and health for sufferers of many chronic illnesses (diabetes, heart disease, and high blood pressure to name a few). Now we can add one more illness to that list.

Patient’s with early Alzheimer’s, who exercised regularly, showed less brain deterioration than those who didn’t exercise according to a recent study reported at the 2008

International Conference on Alzheimer’s disease.

Another study, reported at the same conference, showed that exercise reduced falls in people with dementia. Dementia sufferers are three times more likely to fall than those without cognitive impairment.

Two more reasons why everyone will do best by getting and staying physically active.

Find Our Tennis Schedule
On Page 3 and Our
Class Schedule on Page 4

Fitness Doesn't Have To Be Confusing

Our customized workouts take the guesswork out of getting in shape. Using web-based technology, we create a new workout for your every session, designed around each member's goals, experience, strength and progress. This service is called ActivTrax and is *free* for club members. About half of our new members start with ActivTrax. Learn more at www.activtrax.com.

Shelby Jones to Teach New Fitness Classes

Shelby Jones began teaching at VS&F in February and is excited to offer a wider variety of dance and fitness classes in the Fall.

Shelby has taught Middle Eastern, African & Caribbean Dance and she has an extensive background in gymnastics, snowboarding and diving. Recent accomplishments include choreographing the musicals *Aida*, *Footloose* and *Once On This Island*. In 2008, she performed as a principle dancer at the Paramount Theatre in *The Vagina Monologues*, *Aida* and *Children of Eden*.

Look for her new classes, "Dance Fusion" and "Teen Dance Fusion" this Fall!



How Do VS&F Membership Fees Work?

Our most popular options are two month-to-month plans. One has a \$69* initiation and dues of \$52* a month; the other has *no initiation* and dues of \$62* a month. Both are electronic funds transfer memberships (credit card, debit card, checking account or savings account) and both can be easily discontinued. You can

also pay your dues annually or purchase a short-term pre-paid membership.

Student and family rates are also available.

* Go to www.vsandf.com or visit Vermont Sport & Fitness for details and up to the minute prices.

ActivTrax Successes:

Katie Richards-Peele
Age 25, Case Worker,
Rutland Mental Health



"It gives me a guideline for my strength training. I notice it in my arms and legs. Everything's a lot tighter."

Jessica Lighthart
Age 27, Hospital Nurse,
Rutland Regional Medical Center



"I love it. It supplements my marathon training and keeps me strong. It gives me great variety."

The Best Ways to Exercise to Improve Your Mood

It is well known that exercise can lift mood. Marcus Kilpatrick, Ph.D. discusses this issue and has some specific advice for exercisers and fitness professionals in the September/October issue of the American College of Sports Medicine's Health & Fitness Journal (website: www.acsm-healthfitness.org). Here is a summary of his practical recommendations.

- Limit competition, especially if you are inexperienced.
- Select exercises that are your own preferences and amounts that are comfortable for you rather than following an imposed prescription.

- Be moderate in your intensity of exercise, don't overtrain.
- Be aware of individual differences. Customize your exercise to your personality and circumstances.

These principles are basic to the VS&F approach for beginning and re-starting exercisers and to ActivTrax.

Who Are Our Members?

VS&F averages about 900 members at any one time. Some are with us year-round while some (college students, summer residents, etc.) join us for just a few months.

Some of our members are in their 80s, some are in their teens. Some are fit and some are not. About 250 play tennis but most do only fitness activities. About 200 of our members do group activities as part or all of their fitness routines. Some members come in every day, others only once a week.

In other words, it's hard to categorize our members. We are individuals with our own goals, needs and interests. As a health and fitness club, our objective is to understand each member and to help each one get where he or she wants to go.

Tennis

Recreational Tennis at VS&F

Playing tennis has more benefits than you might imagine. It burns calories (350 to 700 per hour); improves overall strength and balance, and strengthens your core and bones. Best of all, it's *fun*, and it engages your mind and your social side—not just your body.

About a third of VS&F members play tennis on our three indoor hard courts or eight outdoor courts outside. Tennis players don't need a special membership but they pay a modest court fee when they play. Simply reserve a court if you want to play.

Play Tennis Vermont

For winter exercise and pure fun, start or restart your tennis with *Play Tennis Vermont*. This program makes it easy to learn and it's perfect for adults, teens and parent-teen combos. Check our schedule at vsandf.com for times and dates.

Local recreational leagues

If you are looking for a weekly game, a recreational league might be perfect for you. We have winter and summer leagues that organize your play and help you to meet other tennis lovers whose play will be compatible with yours.

Traveling USTA leagues

USTA league tennis allows VS&F members to play against teams from elsewhere in Vermont and, if we qualify, against teams throughout New England. Leagues are organized by play level so our teams are matched against teams of similar skills. Currently VS&F has 9 teams including men's and ladies teams, senior teams and mixed doubles teams.

Form your own group

Whether you are a group of 2 or 12 you can reserve a season court time for your own weekly play.

Lessons and clinics

Lessons are available by appointment. Check our schedule on-line or call for clinic information.

Whatever your interest, call (802) 775-9916 to talk about the best ways for you to get started.



Junior Programs offer fun and challenges for kids ages 5–15.



—Tennis Schedule—

Play Tennis Vermont

(for beginners, intermediates, and re-starters, ages 14 to adult)
New sessions beginning every other month.

Adult Clinics: Intermediate & Advanced

Mondays, Thursdays, and Saturdays, 10:30 am – Noon.

Adult Tennis Leagues

New sessions begin in September, January, and May.

Singles Ladder — Find plenty of singles games. Ongoing.

Junior Tennis Program

(for beginners and intermediates, ages 5–14)
New sessions begin in October and February.

Junior Team

Advanced drilling and conditioning for the competitive junior player.
Ages 11–15. New sessions begin in September and January.

Vermont Five-Star Tennis Camp

For ages 5–15 all summer long. All ability levels welcome.
Monday through Thursday from 9 am to noon.

Open Play — Just call to reserve a court time.

Early registration recommended for all programs. Call (802) 775-9916.

Call us at (802) 775-9916 or visit online at www.vsandf.com

Strength Training I, II or III—One Just Right For You

Strength Training I—a sixty year old who hasn't exercised in many years can start here. The pace is slow to moderate and activities are easy to follow with no fancy steps or impact. Classes are led by certified professionals with safety as a first concern.

Strength Training II—a moderate pace with more emphasis on balance and more challenging activities. Super for seniors and everyone at moderate to advanced fitness levels.

Strength Training III (Body Pump)—fast-paced with lots of repetitions. Great for muscle endurance and lean muscle mass. High intermediate to advanced.



Sheila, Rick, and Kathy will lead trail-building on Curtis Avenue.

Recreational Trail To Be Built

On VS&F land, just east of our club building, we plan to build a recreational trail that will be open to the public. The trail follows a stream in an area once known as Eddy Pond. Work will begin in October 2008.

Club members Rick and Kathy Pin-

gree had the vision and energy to get us started and will lead the trail work along with VS&F staff member Sheila Fowler, an outdoor recreation professional in her full-time job. Please inquire if you'd like to help, and come enjoy the trail when it's done!

Memberships

NO Long-Term Commitment

\$62* a month
with **ZERO** initiation



\$52* a month
with a **\$69** initiation

*Special rates for families
and qualified students.*

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

Group Fitness and Body-Mind Classes

Schedules subject to change. Go to vsandf.com for up-to-the-minute availability.

Classes held upstairs unless the Body-Mind Room is indicated. Please sign up for starred (*) classes in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
early morning		6:15 a.m. Spinning*		6:15 a.m. Spinning*		
morning						8:15 a.m. Spinning*
	9:15 a.m. Sport & Fitness Conditioning	9:15 a.m. Pilates* body-mind room	9:15 a.m. Spinning*	9:15 a.m. Body Pump* (Strength Training III)	9:15 a.m. Gentle Pilates* body-mind room	9:15 a.m. Flow Yoga body-mind room
late morning/ afternoon	9:30 a.m. Body Pump* (Strength Training III)					
	11:00 a.m. Strength Training I	10:15 a.m. Flow Yoga body-mind room	11:00 a.m. Strength Training I		11:00 a.m. Strength Training I	11:00 a.m. Brazilian Jiu-Jitsu (call for info) (\$)
	12:00 p.m. Spinning*		12:00 p.m. Spinning*			
early evening	4:30 p.m. Strength Training I	4:30 p.m. Pilates* body-mind room	4:30 p.m. Strength Training II	4:30 p.m. Pilates* body-mind room	4:30 p.m. Strength Training II	All Classes Free for Members* \$14 for Non-Members <small>*Except Jiu Jitsu, inquire at front desk</small>
	5:30 p.m. Spinning*	5:30 p.m. Body Pump* (Strength Training III)	5:30 p.m. Gentle Yoga body-mind room	5:30 p.m. Step Aerobics starts Nov. 5	5:30 p.m. Fitness Yoga body-mind room	
evening	6:30 p.m. Karate body-mind room	6:30 p.m. Dance Fusion trial thru 1/31/09	7:00 p.m. Brazilian Jiu-Jitsu (call for info) (\$)	6:30 p.m. Karate body-mind room		

Go to vsandf.com for class descriptions and current schedule.