




























Club Hours:
 Mon-Thurs 5-9:30
 Friday 5-9
 Sat-Sun 7:30-6

VS&F Fall Class Schedule

let's enjoy
the journey...

All classes included with membership, \$12-\$15 for non-members (credit one guest pass when joining). (11/15/18)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------|---|---|--|--|---|--|---|
| 6:00 a.m. | |  Val * | |  Val * | |  (8:15 a.m.) Jen * | |
| 8:30 a.m. | Sign up for classes online. Starred (*) classes have limited availability. You may call (802) 775-9916 to add or remove your name from a class list. | | | | |  Brooke * | |
| 9:15 a.m. |  Cara * (30 min.) |  Cara * |  Cara * (30 min.) |  Cara * |  Peg |  (9:00) Brooke * | |
| 10:00 a.m. | BOOT CAMP Cara (45 min.) |  yoga (10:15) Stephanie |  Pilates (10:15) Chrissy | BOOT CAMP Cara (45 min) |  yoga (10:15) Stephanie |  Pilates (10:15) Chrissy | |
| 11:15 a.m. | Nov 19  Brooke * | Strength Training 101 Brooklynn | | Strength Training 101 Brooklynn |  VERMONT SPORT & FITNESS CLUB 40 Curtis Ave, Rutland, VT 05701 (802) 775-9916 • vsandf.com | | |
| 4:15 p.m. | My Intensity Interval Training Brooke |  Peg |  Peg |  Chrissy | | | |
| 5:30 p.m. |  Stephanie |  Melissa * |  Samantha |  Brooke * |  Val * |  Samantha | Nov 30  Brooke * |
| 6:00 p.m. | | | Nov 21  Brooke * | | | | |

Barre: Inspired by the movements of ballet, and incorporating elements of Pilates, yoga and functional training, barre is highly effective at improving balance, muscle development, and flexibility. Expect to feel stretched, strengthened and invigorated! No dance background needed. **(45 min.)**

Boot Camp: Interval and agility training using sports-inspired movements and team spirit. Will include use of battle ropes, kettle bells, slam balls, jump boxes, and more. All ability levels. **(45 min.)**

Group Core: Develop a strong core from your shoulders to your hips. Functional and integrated exercises using your body weight, weight plates, a towel and a platform. Bring your own towel. **(30 min.)**

Group Power: This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls. **(60 min.)**

Kettlebells: This class combines kettlebell and bodyweight movements to make them challenging, yet flexible enough for individuals of most fitness levels. Focus on joint mobility and stability, muscular strength, cardiovascular endurance, and total-body range of motion. **(30 min.)**

My Intensity Interval Training (MIIT): The goal of this class is to keep moving and modify as needed. To increase the intensity, increase your speed or feel free to add light to medium weights to any or all exercises! Build strength and improve your cardio endurance—great for all fitness levels! **(45 min.)**

Pilates: Moderately paced exercise for core fitness and longer, leaner body lines. Pilates is terrific for core strength, balance and flexibility. **(50 min.)**

Spinning: Group cycling with hills, runs, sprints, and steady tours. A great calorie burner for all levels. **(45 min.)**

Strength Training 101: Alternating cardio, strengthening, balance and flexibility exercise designed to keep you young. **(45 min.)**

Yoga: All levels are welcome. Beginners will have an experience that is challenging but safe; more experienced students will learn how to work at a deeper level to develop a personal practice. Each class will be framed by an intention that will inspire that day's experience. **(1 hour.)**

Zumba Fitness: "Come join the party" with Latin and international dance rhythms and easy to follow dance moves. No dance experience required. **(1 hour.)**



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