
















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

# VS&F Weekly Class Schedule

let's enjoy  
the journey...

**Take your fitness to the next level. All classes included with membership.**

Effective 2/17/24

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m. 6:30 a.m.	<div><b>VERMONT</b> SPORT &amp; FITNESS CLUB</div>		<div><b>yoga</b> (6:30) Brian</div>	<div>Online signup is required for all classes and participants.</div>	
9:00 a.m. 9:15 a.m.	<div><b>Total Body Express</b> (9:15) Cara</div>	<div> (9:00) Cara <b>SPINNING</b></div>	<div><b>Total Body Express</b> (9:15) Cara</div>	<div> (9:00) Cara <b>SPINNING</b></div>	<div><b>ZUMBA</b> FITNESS (9:15) Peg</div>
10:00 a.m. 10:15 a.m. 10:30 a.m.	<div><b>BOOT CAMP</b> (10:00) Cara</div>	<div><b>yoga</b> (10:15) Stephanie</div>	<div><b>BOOT CAMP</b> (10:00) Cara</div>	<div><b>yoga</b> (10:15) Stephanie</div>	<div><b>Strength Training 2.0</b> (10:30) Dylan</div>
11:00 a.m. 11:30 a.m.	<div><b>yoga</b> (11:30) Sharon</div>	<div><b>Strength Training 101</b> (11:30) Dylan</div>		<div><b>Strength Training 101</b> (11:30) Dylan</div>	
4:15 p.m.		<div><b>ZUMBA</b> FITNESS Peg</div>	<div><b>ZUMBA</b> FITNESS Peg</div>		<div><div>Saturday</div><div> (9:30 a.m.) Cara <b>SPINNING</b></div></div>
5:30 p.m.	<div><b>yoga</b> Stephanie</div>	<div> Melissa <b>SPINNING</b></div>	<div><b>Total Strength</b> Samantha</div>		
6:30 p.m.	<div><div>Kickboxing</div><div> Ryan</div></div>		<div><div>Kickboxing</div><div> Ryan</div></div>	<div>Vermont Sport &amp; Fitness 40 Curtis Ave, Rutland, VT 05701 (802) 775-9916 • vsandf.com</div>	

**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.)**

**Kickboxing:** A high energy class that teaches you all the kickboxing skills in a fun teamwork environment. Abilities and fitness levels matched with partners. Skills, technique, and fitness will improve at all starting levels.

**Mondays:** this beginner/intermediate friendly class will give you a great foundation and introduce new skills each week. **Wednesdays:** this intermediate+ class will put your skills to use and challenge you to a more intense workout. **(1 hour.)**

**Spinning:** Group cycling with hills, runs, sprints, and steady tours. A great calorie burner for all levels. **(45 min., Sat. class 1 hour)**

**Strength Training 101:** Improve balance, flexibility, bone density and overall health to get you feeling younger and stronger. Work through each of the muscle groups, stretching in between to help prevent injury. A full-body workout for the beginner who wants to ease into things, or the regular gym-goer looking for a less strenuous routine to off-set the harder days. **(45 min.)**

**Strength Training 2.0:** All the best parts of Strength Training 101 but taking it one step further. Includes ample stretches and a well rounded full body focus. **Exercises will be more challenging and stretches will have longer holds, to improve strength and stamina.** A moderate class suited to all ability levels. **(55 min.)**

**Total Body Express:** A quick workout that covers it all. Using body weight movements combined with a weight plate we will maximize your efforts in a short period of time. Please bring a towel to class. **(30 min.)**

**Total Strength:** Five minute warm-up. Two rounds of circuit-style 30-60 second intervals of strength training/ cardio, utilizing dumbbells, kettlebells, and bands. Five minute cardio burnout. Core finisher. Exercises are explained, plus one-on-one work. **(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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