

























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

# VS&F Summer Class Schedule

let's enjoy  
the journey...

All classes included with membership, \$12-\$15 for non-members (credit one guest pass when joining). (6/17/18)

|            | Monday                                                                                                                                                                                                                                                               | Tuesday                                                                                                        | Wednesday                                                                                                       | Thursday                                                                                                       | Friday                                                                                                           | Saturday                                                                                                                                                                                        |                                         |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 6:00 a.m.  |                                                                                                                                                                                                                                                                      | <br>Val *                     |                                                                                                                 | <br>Val *                   |                                                                                                                  | <br>(8:15 a.m.) Jen *                                                                                        |                                         |
| 8:30 a.m.  | <div style="border: 1px solid black; padding: 5px;">           Sign up for classes online. Starred (*) classes require advance signup, for other classes it is optional. Or you may call (802) 775-9916 to add or remove your name from a class list.         </div> |                                                                                                                |                                                                                                                 |                                                                                                                |                                                                                                                  | <br>Kettlebells<br>Brooke *                                                                                  |                                         |
| 9:15 a.m.  | <br>Cara *<br>(30 min.)                                                                                                                                                             | <br>Cara *                    | <br>Cara *<br>(30 min.)       | <br>Cara *                  | <br>Peg                       | <br>Kettlebells<br>(9:00) Brooke *                                                                           |                                         |
| 10:00 a.m. | <b>BOOT CAMP</b><br>Cara (45 min.)                                                                                                                                                                                                                                   | <br>yoga<br>(10:15) Stephanie | <br>Pilates<br>(10:15) Chrissy | <b>BOOT CAMP</b><br>Cara<br>(45 min)                                                                           | <br>yoga<br>(10:15) Stephanie | <br>Pilates<br>(10:15)<br>Chrissy                                                                            |                                         |
| 11:15 a.m. |                                                                                                                                                                                                                                                                      | <b>Strength Training 101</b><br>Brooklynn                                                                      |                                                                                                                 | <b>Strength Training 101</b><br>Brooklynn                                                                      |                                                                                                                  |                                                                                                                                                                                                 |                                         |
| 4:15 p.m.  | <b>My Intensity Interval Training</b><br>Brooke                                                                                                                                                                                                                      | <br>Peg                     | <br>Peg                     | <br>Pilates<br>Chrissy    |                                                                                                                  |                                                                                                                                                                                                 |                                         |
| 5:30 p.m.  | <br>Stephanie                                                                                                                                                                     | <br>Melissa *               | <br>Samantha                 | <br>Kettlebells<br>Brooke * | <br>Val *                    | <br>Samantha                                                                                               | <b>BOOT CAMP</b><br>Chrissy<br>(45 min) |
| 6:00 p.m.  | <b>BOOT CAMP</b><br>Samantha (45 min.)                                                                                                                                                                                                                               |                                                                                                                |                                                                                                                 |                                                                                                                |                                                                                                                  |  <b>VERMONT</b><br>SPORT & FITNESS CLUB<br>40 Curtis Ave, Rutland, VT 05701<br>(802) 775-9916 • vsandf.com |                                         |

**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. Expert coaching and motivating music will guide you through 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, Group Power is for all ages and fitness levels. **(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.)**

**Step & Shred!** This class is a complete workout with 30 min. of cardio and 15 min. of toning. It uses dynamic step movements that everyone can learn. All levels are welcome. This class will improve your balance and flexibility while providing enough strength exercises to complete your workout. **(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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