

**Club Hours:**  
 Mon–Fri 5–9:30  
 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 4/17/24

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m. 6:30 a.m.			 <b>yoga</b> (6:30) Brian	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Online signup is required for all classes and participants.</b> </div>	
9:00 a.m. 9:15 a.m.	<b>Total Body Express</b> (9:15) Cara	 (9:00) Cara <b>SPINNING</b>	<b>Total Body Express</b> (9:15) Cara	 (9:00) Cara <b>SPINNING</b>	 <b>ZUMBA</b> FITNESS (9:15) Peg
10:00 a.m. 10:15 a.m. 10:30 a.m.	<b>BOOT CAMP</b> (10:00) Cara	 <b>yoga</b> (10:15) Stephanie	<b>BOOT CAMP</b> (10:00) Cara	 <b>yoga</b> (10:15) Stephanie	 <b>STRENGTH TRAINING</b> (10:30) Dylan <b>2.0</b>
11:30 a.m.		 <b>STRENGTH TRAINING</b> Dylan <b>101</b>	<div style="background-color: #e67e22; color: white; padding: 2px; display: inline-block;">4/17</div> <b>ESSENTIAL</b> fitness Melissa	 <b>STRENGTH TRAINING</b> Dylan <b>101</b>	
4:15 p.m.		 <b>ZUMBA</b> Peg FITNESS	 <b>ZUMBA</b> Peg FITNESS		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <div style="background-color: #e67e22; color: white; padding: 2px; display: inline-block;">Saturday</div>             (9:30 a.m.)            Cara  <b>SPINNING</b> </div>
5:30 p.m.	 <b>yoga</b> Stephanie	<b>Total Strength</b> Samantha	<b>Total Strength</b> Samantha		
6:30 p.m.	<div style="background-color: black; color: white; padding: 2px; display: inline-block;">Kickboxing</div>  Ryan		<div style="background-color: black; color: white; padding: 2px; display: inline-block;">Kickboxing</div>  Ryan	<div style="border: 1px solid black; padding: 10px; text-align: center;">           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.)**

**Essential Fitness:** This class covers it all! Combining moderate functional activity such as balance and mobility, aerobic activity, stretching, core and overall strength and fitness exercises. **(50 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.)**



**VERMONT**  
SPORT & FITNESS CLUB

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