

















**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>VERMONT</b> SPORT & FITNESS CLUB		 <b>yoga</b> (6:30) Brian	Online signup is required for all classes and participants.	
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>HIIT &amp; Hone</b> (10:00) Cara	 <b>yoga</b> (10:15) Stephanie	<b>HIIT &amp; Hone</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>	<b>ESSENTIAL</b> fitness Melissa	 <b>STRENGTH TRAINING</b> Dylan <b>101</b>	
4:15 p.m.		 <b>ZUMBA</b> fitness Peg	 <b>ZUMBA</b> fitness Peg		November–April <b>Saturday</b>  (9:30 a.m.) Cara <b>SPINNING</b>
5:30 p.m.	 <b>yoga</b> Stephanie	<b>Total Strength</b> Samantha	<b>Total Strength</b> Samantha		
6:30 p.m.	<b>Kickboxing</b>  Ryan		<b>Kickboxing</b>  Ryan	Vermont Sport & Fitness 40 Curtis Ave, Rutland, VT 05701 (802) 775-9916 • vsandf.com	

**HIIT & Hone:** Interval training class alternating between higher intensity heart rate intervals and strength exercises. Focus on using bodyweight in core-based exercises, working every muscle group and improving aerobic capacity. Increase overall fitness—core, stamina, balance, flexibility, toning and weight loss. It will hit all the marks and keep you coming back for more! **(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. Focus on core-based body weight movements combined with a weight plate and a step. Targets and strengthens the core muscles, abs, upper and lower back, hamstrings and glutes) and increases flexibility and balance. Maximize your efforts in 30 minutes. Please bring a towel. All abilities welcome. **(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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