

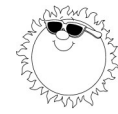


The Wellness Center

1982 ~ Celebrating 37 Years of Fun, Health and Fitness ~ 2019

1734 Crawford Farm Road, Newport ~ 334-5566 ~ www.northcountryhospital.org/wellness

May-August 2019



We are fully
air conditioned!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:00 am (Cycling) Cardio & Core with Lauren	5:45 am FitMix Cardio with Nicole	6:00 am (Cycling) Cardio & Core with Lauren	5:45 am FitMix Strength with Nicole	6:00 am Spinning® with James	7:15 am Cardio/ Core/Strrretch w/ Lauren (Cycle)
8:30 am Spinning® with Alissa	8:30 am Spinning® with Alissa	7:30 am July/August only Vigorous Vinyasa with Cristina	8:30 am Boxing with Mary	7:30 am July/August only Vigorous Vinyasa with Cristina	8:30 am Spinning® with James	8:30 am Drums Alive® MAY ONLY
9:30 am Yoga with Alissa	9:30 am Yoga with Alissa	8:30 am May-June Carolyn July-Aug Cristina Yoga	9:30 am Yoga with Alissa	8:30 am May-June Hatha Jana July-Aug Cristina Yoga	9:30 am Gentle Yoga with Jana	June 1st Kids Day 9 am -Noon
10:00 am Zumba® Toning With Susan	10:30 am May/June Silver Shuffle with Sally (senior safe)	10:00 am Work It Circuit with Mary	10:30 am Stand Up To Aging May-June (senior safe)	10:00 am Work It Circuit with Mary	10:30 am Seniorcize with Anh-Thu	Various Workshops
4:00 pm Kempo Karate with Sensei Ricky	11:30 May/June Qigong & Tai Chi with Sally	11:00 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Zumba®/Tonetastic July/August	11:00 am Zumba® Gold with (seniors) Anh-Thu	3:15 pm Mindfulness with Annie.	CPR/AED & First Aid
Various Workshops	4:15 pm Yoga with Cristina/Carolyn	4:15 pm Yogalaties with Mary	4:15 pm Sweat & Stretch with Katharine	4:15 pm PiYo® LIVE w/ Mary	4:15 pm Zumba® & Stretch with Susan	
	5:15 pm Tone-Tastic w/ Mary	5:15 pm Zumba® with Mary	5:15 pm (Cycling) Cardio & Core Lauren	5:15 pm Zumba® w/ Mary		
	6:15 pm All Star Workout w/ Mary	6:15 pm Barre Fitness w/ Ellen		6:15 pm Boxing with Mary May/June (JY-AG TBD)	6:15 pm Kempo Karate with Sensei Ricky	
Troy Parish Hall	5:30 pm Hustle Muscle Mind	6:00 pm Yoga with Sally and Ali				
Newport Church of God		4:30 pm Gentle Yoga w/ Jana May-June		4:30 pm Yoga Carolyn 5:30 pm Tai Chi & Qigong with Sally		

2019 Spring/Summer Schedule. Running May-August. Dates and prices inside. Any BODY may start at anytime!

See inside for dates and details. Pre-registration required. 802-334-5566

Mondays	Tuesdays
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6:00 am Cardio & Core *May-August

This class incorporates Spinning® with new abdominal workouts for a complete total body class. No Class 5/27. Lauren Gillespie

8:30 am SPIN® with Alissa *May-Aug

Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride. No class 5/27. Alissa Eversole

9:30 am Yoga with Alissa *May-Aug

Yoga for all bodies. Welcoming all levels to practice a series of balances, poses and postures. No 5/27. Alissa Eversole

10: 30 am Silver Shuffle \$36

Designed for older active adults or anyone looking for fun! A triple play of light cardio, strength and deep relaxation! 6 weeks. No class 5/27.

5/6-6/17
Sally Rivard

11:30 am QiGong & Tai Chi \$36

Come restore your mind and body. No sweat sequences and definitely NO STRESS when you leave! Street clothes welcome. 6 weeks. No class 5/27.

5/6-6/17
Sally Rivard

4:15 pm Monday Flow * May-August

This class concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. No class 5/27.

May/June Cristina Malanga
July/Aug Carolyn Hannan

5:15 pm Tone-tastic \$78

Focusing on increasing overall body strength! This barefoot class requires ability to go up and down, reach overhead and to be on your knees. It's toning, it's fantastic, it's Tone-tastic! 13 wks. No class 5/27 or 7/22.

5/6-8/19
Mary Hoadley

6:15 pm All-Star Workout \$78

Cardio-kickboxing, weight-training, Pilates, step, kettlebells, drumming, cardio-dance and more! Each class is different! It's like being part of a LIVE workout dvd! 13 weeks. No Class. 5/27 or 7/22.

5/6-8/19
Mary Hoadley

OFFSITE: TROY PARISH HALL

5:30 pm Hustle, Muscle & Mind \$36

NEW! Intervals of cardio dance, followed by a yoga series and meditative cool down. All ages and levels! 6 weeks. No Class 5/27

Mondays, 5:30 pm 5/6-6/17
Sally Rivard

Tuesdays

5:45 am FitMix Cardio * May-August

A high-intensity cardio mixture that will have you sweating, flexing and toning your whole body. Nicole Gratton

7:30 am Tues Vigorous Vinyasa \$36

A vigorous series of postures to build heat in the body. This series will be challenging and rewarding. 6 week. 7/9-8/15

Cristina Malanga

8:30 am Tuesday Yoga \$84

A series of postures to improve your core strength, flexibility, and body awareness, ending with a deep relaxation. 14 Wks. 5/7-8/13

May/June Carolyn Hannan
July/Aug Cristina Malanga

10:00 am Work It Circuit \$90

Cardio, strength and core work blended for a total body circuit. 15 weeks. No class 7/23.

5/7-8/22
Mary Hoadley

11:00 am Zumba® Gold senior \$78

A dance party for all ages! With moderate paces perfect for beginners & seniors. No class 7/23 or 30.

5/7-8/15
Anh-Thu Luu

4:15 pm Yogalaties \$90

This fusion class starts with a yoga -flow sequence that moves into Pilates and finishes with a core series. Dress warmly. 15 weeks. No class 7/23

5/7-8/20
Mary Hoadley

5:15 pm Zumba® w/ Mary \$90

More people stick to Zumba® than any other workout. Why? Because when it's fun, it's not work! Red, White & Blue Party 7/2. 15 weeks. No class 7/23

5/7 -8/22
Mary Hoadley

6: 15 pm Barre Fitness \$90

A NEW class for new results, from increased stamina and body awareness to better posture. 15 weeks.

5/7-8/13
Ellen Apple

OFFSITE: NEWPORT CHURCH OF GOD

4:30 Gentle Yoga with Jana \$48

A gentle series to help the body release and lengthen while the mind relaxes with the use of restorative poses. Please bring a mat. Tuesdays, 4:30 5/7-6/25

Jana Parker

OFFSITE: TROY PARISH HALL

6:00 pm Troy Yoga \$36

Join us for a weekly yoga series geared for all ages and levels. Bring a mat. Tuesdays, 6:00 pm 5/7-6/18

Sally Rivard & Ali Thurston

Wednesdays	Thursdays
<p>6:00 am Cardio & Core *May-August This class incorporates Spinning® with new abdominal workouts for a complete total body class. Lauren Gillespie</p>	<p>5:45 am FitMix Strength * May-August A high-intensity fitness mixture that will have you sweating, flexing and toning your whole body. No 7/4 Nicole Gratton</p>
<p>8:30 am Boxing Bootcamp *May-Aug This high-intensity class will have you training like a real boxer. Punching, kicking, body work & intervals. Gloves Provided. Sweat Guaranteed! Mary Hoadley</p>	<p>7:30 am Thurs Vigorous Vinyasa \$36 A vigorous series of postures to build heat in the body. This series will be challenging and rewarding. 6 weeks. 7:30 am 7/9-8/15 Cristina Malanga</p>
<p>9:30 am Yoga with Alissa *May-August Yoga for all bodies. This is a no judgement zone. Welcoming all levels to practice a series of balances, poses and postures. Alissa Eversole</p>	<p>8:30 am Hatha Yoga \$84 A series of postures to improve your core strength, flexibility, and body awareness, ending with a deep relaxation. No class 7/4. 14 Weeks. 5/7-8/13 May/June Jana Parker July/Aug Cristina Malanga</p>
<p>10:30 am Stand Up To Aging \$48 Designed for older active adults, this course will include balance and ground-to-standing exercises to help preserve strength, improve agility and prevent hazardous falls. 8 weeks. 5/8-6/26 Anh-Thu Luu</p>	<p>10:00 am Work It Circuit \$84 Cardio, strength and core work blended for a total body circuit. 14 weeks. No class 7/4 or 7/25. 5/9-8/22 Mary Hoadley</p>
<p>10:30 am Zumba® & Tonetastic \$36 Mixing two favorites! Start with a Zumba® class and end with ToneTastic. A fantastic cardio and toning mix! Must be able to get on and off the ground. 6 weeks. No class 7/24. 7/3-8/14 Mary Hoadley</p>	<p>11:00 am Zumba® Gold senior \$84 A dance party for all ages! Moderate paces for beginners & seniors. No class 7/25. 5/7-8/15 Anh-Thu Luu</p>
<p>4:15 pm Sweat & Stretch *May-August Each week brings a new total body workout to keep you guessing and progressing towards your goals. Standing with a blend of cardio and strength training and always finishing with a deep stretch. Katharine Bliss</p>	<p>4:15 pm Piyo® Live \$84 As seen on TV! In this mat-based class you won't pose—you'll push it. We crank up the music and the fun to give you an intense but low-impact workout. 14 weeks. No 7/4 or 7/25. 5/9-8/22 Mary Hoadley</p>
<p>5:15 pm Cardio & Core *May-August This class incorporates Spinning® with Pilates and abdominal workouts for a complete total body class. Lauren Gillespie</p>	<p>5:15 pm Zumba® w/ Mary \$84 More people stick to Zumba® than any other workout. Why? Because when it's fun, it's not work! Red, White & Blue Party 7/2. 14 weeks. No 7/4 or 7/25 5/7 -8/22 Mary Hoadley</p>
<p>5:15 pm Cardio & Core *May-August This class incorporates Spinning® with Pilates and abdominal workouts for a complete total body class. Lauren Gillespie</p>	<p>6:15 pm Boxing Bootcamp \$48 This high-intensity class will have you training like a real boxer. Punching, kicking, body work & intervals. Gloves provided. 8 weeks. 5/9-6/27 Mary Hoadley</p>

THURSDAY DAY OFFSITE: NEWPORT CHURCH OF GOD

<p>4:30 pm Yoga with Carolyn \$48 A gentle based class for all. This class brings a unique series of postures to calm the mind and body. Please bring a mat. Thursdays, 4:30 5/9-6/27 Carolyn Hannan</p>	<p>5:30 pm QiGong and Tai Chi \$36 Come restore your mind and body. No sweat sequences and definitely NO STRESS when you leave! Street clothes welcome. 6 weeks. No Class 5/23 Thursdays, 5:30 pm 5/9-6/20 Sally Rivard</p>
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Fridays	Saturdays	
<p>6:00 am SPIN® with James *May-Aug Let's wake up and RIDE! James will challenge you to a realistic ride filled with hills, flats, sprints and more! Start your Friday off with a great ride! James Merriam</p>	<p>7:15 am Cardio/Core/Stretch *May-Aug This class incorporates Spinning® with new abdominal workouts for a complete total body class. In addition to a total body workout, class ends with extra stretches for the weekend. Lauren Gillespie</p>	
<p>8:30 am SPIN® with James *May-Aug James will take you on a ride that will encourage you to feel challenged and yet rewarded with your work! From the hills to the valleys this is a fun weekly ride! James Merriam</p>	<p>8:30 am Drums Alive® \$30 A fitness phenomenon gaining popularity across the country that lets you exercise to the beat of your own drum—literally. 5 weeks. Rotating Instructors April 27-May 25 Anh-Thu Luu, Hope Guisinger, Helena Vachon, Nicole Gratton & Mary Hoadley</p>	
<p>9:30 am Gentle Yoga \$84 A gentle yoga series filled with restorative postures for most abilities. This class does require ability to get up and down off the matt. Each series end with a deep relaxation. 14 weeks. No class 7/5. 5/10-8/16 Jana Parker</p>	<p>4th Annual Kids FREE Wellness Day!</p>	
<p>10:30 am Seniorize \$78 Designed for older active adults looking to have some fun and stay fit! Enjoy low impact aerobics, balance and strength exercise and stretching! 13 weeks. No class 7/5 or 7/26. 5/10-8/16 Anh-Thu Luu</p>	<p style="text-align: center;">Saturday, June 1st 9am –Noon Totally FREE for everyone!</p> <p>Activities Include: Healthy Snacks, Vegetable Planting, Button-Making, T-Shirts, Face Painting, Selfie Station, Obstacle Courses, Bubbles, Free Gifts, Healthy Handwashing Station, Drawings and More!</p> <p style="text-align: center;">Kids Drumz & Danze 9:15 am w/ Helena Vachon Kids Karate/ Self-Defense 10:15 am with Ricky and Josh Family Yoga 11:15 am with Ali Thurston</p>	
<p>3:15 pm Mindfulness \$36 How can we bring a mindfulness practice into our hectic lives? Come to learn about it, try it and how to incorporate it into even the busiest of schedules. No physical activity required. 6 weeks. 5/10-6/14 Annie Christoni</p>	<p>Sunday</p>	
<p>4:15 pm Zumba® & Stretch \$36 End your week with a dance party. Susan will keep you shimmying, shaking and stretching away all the stress from the week. 35 minutes Zumba® Followed by a deep stretch! 6 weeks. 5/10-6/14 Susan Granfors</p>	<p>8:30 am SPIN® with Alissa *May-Aug Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride. Alissa Eversole</p>	
<p>6:15 pm Kempo Karate *May-August This Kempo Karate class is for anyone ages 6-106! Build strength, skills, and self-control. This Self-defense-based karate class includes belt-ranking. Parents must be present for kids under 16. No 7/5. Sensei Ricky Vinal Sr.</p>	<p>9:30 am Yoga with Alissa *May-Aug Yoga for all bodies. Welcoming all levels to practice a series of balances, poses and postures. Alissa Eversole</p> <p>10: 30 am Zumba® Toning \$36 Zumba® for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! All Levels welcome. No class 5/26. 5/5-6/16 Susan Granfors</p>	
<p>6:15 pm Kempo Karate *May-August This Kempo Karate class is for anyone ages 6-106! Build strength, skills, and self-control. Includes belt-ranking. Parents must be present for kids under 16. No 7/7. Sensei Ricky Vinal Sr.</p>	<p>4:00 pm Kempo Karate *May-August This Kempo Karate class is for anyone ages 6-106! Build strength, skills, and self-control. Includes belt-ranking. Parents must be present for kids under 16. No 7/7. Sensei Ricky Vinal Sr.</p>	

*Prices are based on the number of classes per week May-Aug
(1x \$6, 2x \$10, 3X \$12/week)

Mix and match encouraged and available!

* Monthly Payments Available.

Non-profit Org.
 U.S. POSTAGE
 PAID
 Burlington, VT
 Permit No. 21



RETURN SERVICE REQUESTED

Registration Required

Mail To: The Wellness Center, 189 Prouty Drive, Newport, VT 05855

Checks Payable To: The Wellness Center
OR Save a Stamp - Debit/Credit Cards Call: 334-5566

Name _____ **Best Contact #** _____

Classes are as priced in brochure

*** Denotes monthly price:**

1/week \$24 2/week \$40 3/week \$48

Spring/Summer Specials:

Regular Monthly Unlimited Membership: \$80.00/month
May-August Unlimited Membership: \$285.00 (\$55 savings)
May-December Unlimited Membership:
\$525.00 (\$115.00 savings)

(Specials include fitness classes only—must pre-register for all classes.)

Specific Class Name, Date & Time	Cost	
Ex. Zumba with Mary , Tuesdays, & Thurs 5:15 pm	14 classes @ \$5.00	\$140
		\$
		\$
		\$
		\$
	Total:	

Attendance is the sole responsibility of the participant.

Due to our low and discounted rates, there are no refunds/credits for missed or skipped classes. Payments will not exceed August 31, 2019 regardless of circumstance.

Registration is very important. Some classes fill very quickly and others may have changes. Please register to be "in the know."

Sharing Support and Self Help

The Compassionate Friends

6:30 -8:30 pm (3rd Tuesday of the month)
Orleans Federated Church
Fran Smith 487-9187 & Bev Gage 754-2085

Rheumatoid Arthritis

Nancy Stevenson-Lyon 895-4379

Bariatric Support Group

For those pre/post surgery
Tina 828-280-6491

Support Group/Survivors of Suicide

Mary Butler 744-6284/323-3706

Journey to Recovery Center/Support

802-624-4156

Transplant Support Group

Laura Fortin 754-9327

Multiple Sclerosis Support Group

Julianne Woolard 723-4622

Alzheimer's Caregiver's Support Group

6:30-8:00 pm (4th Tuesday of the month)
NCH 2nd Floor Room 221
(800) 272-3900
suzi_dix@sympatico.ca
Alzheimer's Association, Vermont Chapter

Birthing Classes

For dates and times call:
NCH Ob/Gyn 334-4110

Overeaters Anonymous

Saturdays 10 am Community Bank 673-5621

Adult/Youth Mental Health First Aid

Sunny Naughton 334-7031
sunny.naughton@neklsvt.org

Quit Time Tobacco Cessation

Tools and support to quit tobacco are offered in individual or weekly group sessions. Nicotine Replacement Therapy is available. Contact Community Health 334-3208

Better Breathers Support

For those with lung disease including, but not limited to, those with COPD and Chronic Bronchitis.
3rd Tuesday of the Month 1:00 - 3:00 pm
NCH Respiratory Care 334-3212

Kindred Connections

A support system for persons with cancer. Part of the VT Cancer Survivor Network, this program also needs volunteers locally.
1-800-652-5064

Financial Wellness

Get help with insurance, financial assistance, and other programs to help with medical bills. We are happy to answer any questions.
Contact a NCH Financial Navigator at 334-3273

American Heart Association

CPR/AED & First Aid \$45/75

Learn basic first aid and how to handle emergencies before the ambulance arrives. Includes CPR & AED* for adult, infant & child.
Registration/payments due 72 hours prior .
Saturday, May 4 & August 3
CPR/AED 9:00 am-Noon/First Aid 12:30-3:30 pm

Pediatric First Aid/CPR/AED \$75

Meets the regulatory requirements for child care workers in all 50 United States. Learn to respond and manage illnesses and injuries in a child or infant before professional help arrives.
Registration/payments due 72 hours prior.
Saturday, September 14
9:00 am-3:30 pm
NCH Training Center (Sid. A Toll Building)

BLS Healthcare Provider \$75

The Basic Life Saver Health Course is designed for certified or uncertified, licensed and non-licensed health care professionals and college students in healthcare careers.
Registration/payments due 75 hours prior.
Saturday, June 1, 9:00 am -2:00 pm
NCH AHA Training Center
(Sid A. Toll Building)

*The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials do not represent income to the AHA.

Healthier Living Workshops Chronic Disease

For those with chronic conditions and their caregivers. This 6-week program can help you increase your energy, decrease your stress and build confidence to better manage your symptoms.

Diabetes Management

6 sessions cover: what is diabetes, monitoring blood sugar, healthy eating choices, physical activity, managing stress, improving communication skills.

All Workshops are FREE. Registration required.
NCH Community Health 334-3208

AARP Smart Driver \$15/members \$20/non-members

For all drivers 50 + years old. This one-day class covers how to cope with changes in vision, hearing and reaction time. Register: 334-5566
Call For Dates and Times
Pat Sloan, AARP Instructor

Are you part of an active support group that is not seen here? Please call 334-5566