



The Wellness Center

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

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

September-
December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am (Cycling) Cardio & Core with Lauren		6:00 am (Cycling) Cardio & Core with Lauren		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	8:30 am Yoga with Carolyn	8:30 am HIIT Fit with Mary	8:30 am Hatha Yoga with Jana	8:30 am Spinning® with James	Fundraisers and
9:30 am Yoga with Alissa	9:30 am Yoga with Alissa	10:00 am Work It Circuit with Mary	9:30 am Yoga with Alissa	10:00 am Work It Circuit with Mary	9:30 am Gentle Yoga with Jana	Various Workshops
10:30 am Zumba® Toning With Susan	10:30 am Limber Up with Lynn (senior)	11:00 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up with Lynn (senior)	11:00 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up with Lynn (senior)	CPR/AED & First Aid
4:00 pm Kempo Karate with Sensei Ricky	11:30 Qigong & Tai Chi with Sally (all levels)					
Various Workshops	4:15 pm Yoga with Cristina	4:15 pm Yogalaties with Mary	4:15 pm Sweat & Stretch with Katharine	4:15 pm PiYo® LIVE w/ Mary	4:15 pm NEW! Mind & Mantra Yoga with Annie.	
	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	5:15 pm Zumba® Toning w/ Susan	
	6:15 pm All Star Workout w/ Mary	6:15 pm Barre Fitness w/ Ellen	6:15 pm NEW! Zumba® with Rod	6:15 pm HIIT Fit (Nov-Dec)	6:15 pm Kempo Karate with Sensei Ricky	
Troy Parish Hall	5:30 pm Hustle Muscle Mind	5:00 pm Tai Chi Easy 6:00 pm Yoga				
Newport Church of God		4:30 pm Gentle Yoga w/ Jana		4:30 pm Yoga Carolyn 5:30 pm Tai Chi & Qigong with Sally		

2019 Fall Schedule. Running September-December. Dates and prices inside. Any BODY may start at anytime!

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

Mondays	Tuesdays
6:00 am Cardio & Core *Sept-Dec This class incorporates Spinning® with new abdominal workouts for a complete total body class. No Class 9/2. Lauren Gillespie	8:30 am Tuesday Yoga \$90 A series of postures to improve your core strength, flexibility, and body awareness, ending with a deep relaxation. 15 weeks. 9/3-12/10 Carolyn Hannan
8:30 am SPIN® with Alissa *Sept-Dec Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride. No class 9/2. Alissa Eversole	10:00 am Work It Circuit \$84 Cardio, strength and core work blended for a total body circuit. 14 weeks. No class 12/3. 9/3-12/10 Mary Hoadley
9:30 am Yoga with Alissa *Sept-Dec Yoga for all bodies. Welcoming all levels to practice a series of balances, poses and postures. No 9/2. Alissa Eversole	11:00 am Zumba® Gold senior \$78 A dance party for all ages! With moderate paces perfect for beginners & seniors. Not a senior or beginner? No problem add as much spice as you like! No class 11/19 or 11/26. 9/3-12/10 Anh-Thu Luu
10:30 am Limber Up \$72/120/144 Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. 12 weeks. No class 11/6-11/18 or 11/29. Mon, Weds, Fridays, 10:30 am 9/9-12/16 Lynn Flint	4:15 pm Yogalaties \$84 This fusion class starts with a yoga -flow sequence that moves into Pilates and finishes with a core series. All levels are welcome. No class 10/15. 14 weeks. 9/3-12/10 Mary Hoadley
11:30 am QiGong & Tai Chi \$84 Come restore your mind and body. No sweat sequences and definitely NO STRESS when you leave! Street clothes welcome. All levels. 14 weeks. 9/9-12/9 Sally Rivard	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! GLOW Party 10/29 Holiday Dance Party 12/10! No class 10/15. 14 weeks. 9/3-12/10 Mary Hoadley
4:15 pm Monday Flow * Sept-Dec This class concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. No class 9/2 Cristina Malanga	6:15 pm Barre Fitness \$54 A NEW class for new results, from increased stamina and body awareness to better posture. Incorporating weights, bands, balls and more! 9 weeks. 9/3-10/29 Ellen Apple
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 weeks. No class 10/14. 9/9-12/9 Mary Hoadley	OFFSITE: NEWPORT CHURCH OF GOD 4:30 Gentle Yoga with Jana \$84 A gentle series to help the body release and lengthen while the mind relaxes with the use of restorative poses. Please bring a mat. 4:30 9/3-12/10 Jana Parker
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! No class 10/14. 13 Weeks. 9/9-12/9 Mary Hoadley	OFFSITE: TROY PARISH HALL 5:00 pm Tai Chi Easy \$78 Learn maximize your personal potential by tuning in to your body and mind. Gentle movement, restorative breathing, relaxation techniques & more. No 11/19 5:00 pm 9/10-12/9 Sally Rivard
OFFSITE: TROY PARISH HALL 5:30 pm Hustle, Muscle & Mind \$84 NEW! Intervals of cardio dance, followed by a yoga series and meditative cool down. All ages and levels! 14 Weeks. 5:30 pm 9/9-12/9 Sally Rivard	6:00 pm Troy Yoga \$78 Join us for a weekly yoga series geared for all ages and levels. Please bring a mat. No class 11/19 6:00 m 9/10-12/9 Sally Rivard

Wednesdays	Thursdays
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6:00 am Cardio & Core AM *Sept-Dec

This class incorporates Spinning® with new abdominal workouts for a complete total body class. Please arrive a few minutes early to set up your bike. No class 12/25.

Lauren Gillespie

8:30 am HIIT FIT *Sept-Dec
H-igh I-intensity I-interval T:raining

This advanced class is designed to push your limits in fun and creative formats. Using a variety of fitness accessories and body weight! No class 12/25.

Mary Hoadley

9:30 am Yoga with Alissa *Sept-Dec

Yoga for all bodies. This is a no judgement zone. Welcoming all levels to practice a series of balances, poses and postures. No class 12/25.

Alissa Eversole

10:30 am Limber Up \$72/120/144

Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. No class 11/6-11/18 or 11/29.

Mon, Weds, Fridays, 10:30 am 9/11-12/11
Lynn Flint

4:15 pm Sweat & Stretch *Sept-Dec

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. No 12/25.

Katharine Bliss

5:15 pm Cardio & Core PM *Sept-Dec

This class incorporates Spinning® with Pilates and abdominal workouts for a complete total body class. Please arrive a few minutes early to set up your bike. No class 12/25.

Lauren Gillespie

NEW!

6:15 pm Zumba® w/ Rod \$84

Join the over 12 million people world wide for a midweek dance party for all ages and levels. It's fun, it's fitness, it's ZUMBA® No class 10/16.

9/4-12/11
Roderick Owens

8:30 am Hatha Yoga \$84

A mindful series of postures to improve your core strength, flexibility, and body awareness, ending with a deep relaxation. Requires ability to get up and down from the mat. No class 11/28. 14 Weeks.

9/5-12/12
Jana Parker

10:00 am Work It Circuit \$84

Cardio, strength and core work blended for a total body circuit. Each class offers a new and challenging workout. This class requires ability to get up and down from the ground. 14 weeks. No class 11/28.

9/5-12/12
Mary Hoadley

11:00 am Zumba® Gold senior \$78

A dance party for all ages! Moderate paces perfect for beginners and seniors. Not a senior or beginner? No problem add as much spice as you like! No class 11/21 or 11/28.

9/5-12/12
Anh-Thu Luu

4:15 pm Piyo® Live \$78
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. 13 weeks. No class 10/17 or 11/28.

9/5-12/12
Mary Hoadley

5:15 pm Zumba® w/ Mary \$78

More people stick to Zumba® than any other workout. Why? Because when it's fun, it's not work! **GLOW Party 10/31. Holiday Dance Party 12/12.** 13 weeks. No 10/17 or 11/28.

9/5-12/12
Mary Hoadley

6:15 pm HIIT FIT \$30

H-igh I-intensity I-interval T:raining
This advanced class is designed to push your limits in fun and creative formats. Using a variety of fitness accessories and body weight! No class 11/28. 5 weeks.

11/7-12/12
Mary Hoadley

THURSDAY DAY OFFSITE: NEWPORT CHURCH OF GOD

4:30 pm Yoga with Carolyn \$72

A gentle based class for all. This class brings a unique series of postures to calm the mind and body. Please bring a mat. 12 weeks.

Thursdays, 4:30 9/5-11/21
Carolyn Hannan

5:30 pm QiGong and Tai Chi \$72

Come restore your mind and body. No sweat sequences and definitely NO STRESS when you leave! Street clothes welcome. 12 weeks. No Class 11/28

Thursdays, 5:30 pm 9/19-12/12
Sally Rivard

Fridays	Saturdays
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6:00 am SPIN® with James *Sept-Dec

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! No 11/29.
James Merriam

8:30 am SPIN® with James *Sept-Dec

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! No class 11/29.
James Merriam

9:30 am Gentle Yoga *Sept-Dec

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. No class 11/29 or 12/27.
Jana Parker

10:30 am Limber Up \$72/120/144

Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. 12 weeks. No class 11/6-11/19 or 11/29.
Mon, Weds, Fridays, 10:30 am 9/9-12/16
Lynn Flint

4:15 pm Mind and Mantra Yoga \$84

Taking mindful meditations and mixing it with a yoga practice for a total mind-body experience. Each class will feature a new weekly manta. 14 weeks. No 11/29
9/6-12/13
Annie Christoni

4:15 pm Zumba® Toning \$78

End your week with a dance party that also tones your muscles! Susan will keep you shimmying and shaking away all the stress from the week. No 10/11 or 11/29.
9/6-12/13
Susan Granfors

6:15 pm Kempo Karate *Sept-Dec

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 11/29.
Sensei Ricky Vinal Sr.

Saturdays

7:15 am Cardio/Core/Stretch *Sept-Dec

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

Sunday

8:30 am SPIN® with Alissa *Sept-Dec

Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride.
Alissa Eversole

9:30 am Yoga with Alissa *Sept-Dec

Yoga for all bodies. Welcoming all levels to practice a series of balances, poses and postures.
Alissa Eversole

10:30 am Zumba® Toning \$78

Zumba® for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! All Levels welcome. NO Class 10/13 or 12/1
9/8-12-15
Susan Granfors

4:00 pm Kempo Karate *Sept-Dec

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 12/1.
Sensei Ricky Vinal Sr.

FUN-draisers

9th Annual Wiggle & Whiskers PMFAS Fundraiser \$10

For the Pope Memorial Frontier Animal Shelter. Family friendly! 50/50 raffle, free gift & more! We will also be collecting pet food/supplies for the shelter.
Saturday, September 7, 9:00am

NCH Oncology Fund Fundraisers \$10/each

Burn off The Bird Boxing Friday, 11/29, 10:30 am

All Is Calm (Yoga Nidra) Monday, 12/23, 10:30 am

A Very Merry All Star Workout Tues, 12/24, 10:30 am

NYE Zumba® Party with Cider Toast

Tuesday, 12/31, 10:30 am

Receive a different free gift at each event!

*Prices are based on the number of classes per week September-December
(1x \$6, 2x \$10, 3X \$12/week)
Mix and match encouraged and available! * Monthly Payments Available.

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

Goodrich Memorial Library Book Club

1:00 pm (3rd Thursday of the month)
334-7902

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, Sept 7 & Nov 2

October 5 CPR/AED only

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, October 5

9:00 am-3:30 pm

NCH Training Center (Sid. A Toll Building)

Various AHA Instructors

*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

Fall Prevention FREE

Participants will receive education on ways to prevent falls, along with a free screening for fall risk and exercises and tips to reduce risks from falls. Led by physical therapists from North Country Hospital Rehabilitation Department. One day only event. At The Wellness Center.

Tuesday, September 24, 1:00-2:30pm

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.

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

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 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

Fall Specials:
Regular Monthly Unlimited Membership: \$80.00/month
September –December Unlimited Membership:
 \$265.00 (\$55 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 December 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."