



The Wellness Center

1982 ~ Celebrating 38 Years of Fun, Health and Fitness ~ 2020

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

January –April

2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:00 am (Cycling) Cardio & Core with Lauren	6:00 am NEW! Morning Muscle!	6:00 am (Cycling) Cardio & Core with Lauren	6:00 am NEW! Morning Muscle!	6:00 am Spinning® with James	7:15 am Cardio/ Core/Strrretch w/ Lauren (Cycle)
8:30 am Spinning® w/ Alissa	8:30 am Spinning® with Alissa	8:30 am Yoga with Carolyn	8:30 am HIIT Fit Mary	8:30 am Hatha Yoga with Jana	8:30 am Spinning® with James	8:30 am Drums Alive®
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 Daytime Gentle Yoga with Jana	Various Workshops
	10:30 am Limber Up (senior) with Lynn	11:00 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up (senior) with Lynn	11:00 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up (senior) with Lynn	CPR/AED & First Aid
	4:15 pm Yoga with Cristina	4:15 pm Yogalaties w/ Mary	4:15 pm Sweat and Stretch with Katharine	4:15 pm PiYo® LIVE with Mary	4:15 pm 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 with Anh-Thu	
	6:15 pm All Star Workout w/ Mary		6:15 pm Yoga with Meredith	6:15 pm HIIT Fit with Mary	6:15 pm Kempo Karate	
Troy Parish Hall		6:00 pm Yoga w/Kate				
Primary Care Barton-Orleans			6:15pm Yoga w/ Sarah			
Primary Care—Newport		5:30 Hypnosis For Habit Change		5:30 Hypnosis for Smoking/Weigh Loss		
Newport Church of God		4:30 pm Gentle Yoga w/ Jana		4:30 pm Yoga with Carolyn		

2020 Winter/Early Spring classes run January-April. Anyone may start at anytime!

Mondays	Tuesdays
6:00 am Cardio & Core *Jan 6-April This class incorporates Spinning® with new abdominal workouts for a complete total body class. Lauren Gillespie	6:00 am Morning Muscle * Jan 7-April A high-intensity fitness mixture that will have you sweating, flexing and toning your whole body. This class will help increase your endurance and strength! Danielle Mosher
8:30 am SPIN® with Alissa *Jan 6-April Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride. Alissa Eversole	8:30 am Yoga with Carolyn \$90/150 A series of postures to improve your core strength, flexibility, and body awareness, ending with a deep relaxation. All levels. 15 weeks. Tuesday/Thursday, 9:00 am 1/7-4/14 Pat Shover
9:30 am Yoga with Alissa *Jan 6-April Yoga for all bodies. Welcoming all levels to practice a series of balances, poses and postures. Alissa Eversole	10:00 am Work It Circuit \$90/150 Cardio, strength and core work blended for a total body workout. Using weights, bands, balls, bosu®, kettlebells and more. 15/30 weeks. Tuesday/Thursday 10:30 am 1/7-4/16 Mary Hoadley
10:30 am Limber Up \$90/150/180 Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. 15 weeks. Mon, Weds, Fridays, 10:30 am 1/6-4/17 Lynn Flint	11:00 am Zumba® Gold \$90/150 (senior friendly) Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! 15/30 weeks. Tuesday/Thursday, 11:00 am 1/7-4/16 Anh-Thu Luu
4:15 pm Yoga w/ Cristina * Jan 6-April This class concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Cristina Malanga	4:15 pm Yogalaties \$90 This popular class starts with a yoga -flow sequence that moves into Pilates movements and finishes with a core series. Strengthen, lengthen and relax. Dress warmly. 15 weeks. Tuesdays, 4:15 1/7-4/14 Mary Hoadley
5:15 pm Tone-tastic \$90 Focusing on increasing overall body strength! Requires ability to go up and down and to be on your knees. It's toning, it's fantastic, it's Tone-tastic! Mondays, 5:15 pm 1/6-4/13 Mary Hoadley	5:15 pm Zumba® w/ Mary \$90/150 More people stick to Zumba® than any other workout. Why? Because when it's fun, it's not work! Valentine Dance Party 2/12 & 2/14. 14 weeks. Tues/Thurs, 5:15 pm 1/7-4/16 Mary Hoadley
6:15 pm All-Star Workout \$90 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! 15 weeks. Mondays, 6:15 pm 1/6-4/13 Mary Hoadley	

TUESDAY OFFSITE CLASSES

OFFSITE: NEWPORT CHURCH OF GOD

4:30 Gentle Yoga with Jana \$90
 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 pm 1/7-4/14
 Jana Parker

OFFSITE: TROY PARISH HALL

6:00 pm Troy Yoga \$90
 Join us for a weekly yoga series geared for all ages and levels. Please bring a mat.
 Tuesdays, 6:00 pm 1/7-4/14
 Kate Voorhes

OFFSITE: NC PRIMARY CARE-Newport

5:30 pm Hypnosis for Habit Change \$40
 This clinical hypnotherapy class will help you to retrain the brain to change your habits and your lifestyle
 Tuesdays, 5:30 pm 1/7-1/28
 Clinical Hypnotherapist, Pauline Rocco

Wednesdays	Thursdays
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6:00 am Cardio & Core *Jan 8-April

This class incorporates Spinning® with new abdominal workouts and Pilates series for a complete total body class.

Lauren Gillespie

8:30 am HIIT FIT *Jan 8-April

This high-intensity class will have you training like a real athlete. Incorporating goal setting with pushing your limits to new heights. Requires ability to get up and down off the ground.

Mary Hoadley

9:30 am Yoga with Alissa *Jan 8-April

Yoga for all bodies in this judgement free class. Welcoming all levels to practice a series of balances, poses and postures to add wellbeing to your life.

Alissa Eversole

10:30 am Limber Up \$90/150/180

Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. 14 weeks.

Mon, Weds, Fridays, 10:30 am 1/8-4/17
Lynn Flint

4:15 pm Sweat & Stretch *Jan 8-April

Each week brings a new total body workout to keep you guessing and progressing towards your goals. Incorporating cardio, strength and flexibility.

Katharine Bliss

5:15 pm Cardio & Core *Jan 8-April

This class incorporates Spinning® with Pilates and abdominal workouts for a complete total body class.

Lauren Gillespie

6:15 pm Yoga with Meredith NEW! \$90

Join us for this new yoga series with Meredith that is perfect for all ages and abilities. Come looking to lengthen, strengthen and relax midweek. 15 weeks.

Wednesdays, 6:15 pm 1/8-4/15
Meredith Whitney

**OFFSITE: NC Primary Care
Barton-Orleans**

6:15 Yoga with Sarah \$90

This new yoga class is for all levels and welcomes anyone looking to start on enhance their yoga practice. Please bring a mat.

Wednesdays, 6:15 pm 1/8-4/15
Sarah Corrow

Most classes are intended for adult participation. Call 334-5566 for information on our children's policy. Most Classes are 45-55 Minutes In Length.

6:00 am Morning Muscle * Jan 9-April

A high-intensity fitness mixture that will have you sweating, flexing and toning your whole body. This class will help increase your endurance and strength!

Danielle Mosher

8:30 am Hatha Yoga with Jana \$90/150

A series of gentle postures to improve your core strength, flexibility & body awareness with a deep relaxation. 15 wks. Tuesday/Thurs, 8:30 am 1/9-4/16

Jana Parker

10:00 am Work It Circuit \$90/150

Cardio, strength and core work blended for a total body workout. Using weights, bands, balls, bosu®, kettlebells and more. 15/30 weeks.

Tuesday/Thursday 10:00 am 1/9-4/16
Mary Hoadley

11:30 am Zumba® Gold \$90/150

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun!

Tuesday/Thursday, 11:00 am 1/9-4/16
Anh-Thu Luu

4:15 pm Piyo® Live \$90

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.

Thursdays, 4:15 pm 1/9-4/16
Mary Hoadley

5:15 pm Zumba® w/ Mary \$90/150

More people stick to Zumba® than any other workout. Why? Because when it's fun, it's not work! Valentine Dance Party 2/11 & 2/13 Green Party 3/17.

Tues/Thurs, 5:15 pm 1/9-4/16

6:15 pm HIIT FIT \$78

This high-intensity class will have you training like a real athlete. Incorporating goal setting with pushing your limits to new heights. Requires ability to get up and down off the ground. 8 weeks

Thursdays, 6:15 pm 1/9-2/27
Mary Hoadley

OFFSITE: NEWPORT CHURCH OF GOD

4:30 pm Yoga with Carolyn \$90

A gentle based class for all. This class brings a unique series of postures to calm the mind and body. Please bring a mat. 15 weeks.

Thursdays, 4:30 1/9-4/16

Carolyn Hannan

OFFSITE: PRIMARY CARE –NEWPORT

4:30 pm Hypnosis Classes \$40/4 weeks

Hypnosis for Quitting Smoking
Thursdays 5:30 pm, 1/9-1/30 \$40
Hypnosis for Weight Loss

Thursdays, 5:30 pm, 3/5-3/26 \$40

Clinical Hypnotherapist, Pauline Rocco

Fridays	Saturdays
<p>6:00 am SPIN® w/ James *Jan 10-April Let James challenge you to an early Friday morning ride filled with hills, flats, sprints and more! James Merriam</p>	<p>7:15 am Cardio/Core/Stretch *Jan-April This class incorporates Spinning® with new abdominal and Pilates 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® w/ James *Jan 10-April James will take you on a perfect friday ride that will encourage you to feel challenged and yet rewarded with your work! James Merriam</p>	<p>8:30 am Drums Alive® \$90 A fitness phenomenon gaining popularity across the country, that lets you exercise to the beat of your own drum—literally. Drumsticks provided! 15 weeks. Rotating Instructors Saturdays, 8:30 am 1/11-4/18 Hope Guisinger, Helena Vachon & Mary Hoadley</p>
<p>9:30 am Gentle Yoga \$90 A gentle yoga series filled with restorative postures and ending with a deep relaxation. This class uses all the "stuff" from blocks, straps, blankets and bolsters! 15 weeks. Fridays, 9:30 am 1/10-4/17 Jana Parker</p>	<p>10:00 am Mindful Artistry \$25/each For those looking for a creative outlet in arts and crafts. Leave with your own project you created. No experience required. Adults only. (13+) Must register and pay 72 hours in advance. No refund for no shows. These sell out fast. Register ASAP. Saturdays, 10:00 am 1/11, 2/8, 3/14, 4/11 Facilitator, Mary Hoadley</p>
<p>10:30 am Limber Up \$90/150/180 Designed for older active adults looking to have some fun! Including low-impact aerobics, seated strength & laugh yoga. 15 weeks. Mon, Weds, Fridays, 10:30 am 1/7-4/17 Lynn Flint</p>	<p>10:00 am Yoga Foundations \$40 Yoga is a practice that can only be stronger with a solid foundation. Come learn more about the poses that yoga is built upon and the heart of what makes yoga, yoga! Perfect for someone completely new to the mat or wanting to build a stronger practice. Saturdays, 10:00 am , 1/18, 2/15, 3/21, 4/18 Jana Parker</p>
<p>4:15 pm Mind and Mantra Yoga \$90 How can we bring a mindfulness practice into our yoga practice? Come to learn about it, try it and how to incorporate it into even the busiest of schedules. This class is a mix of meditation and Yin Yoga. Fridays, 4:15 pm 1/10-4/17 Annie Christoni</p>	<p>10:00 am Yoga Nidra/Sleep Yoga \$30 Yoga Nidra also known as Sleep Yoga welcomes your body and mind to the rest it needs and deserves. One class has the clinical benefits of 4 hours of sleep. No movement is required. Please dress warmly. Saturdays, 10 am , 1/25, 2/22, 3/28 Jana Parker/Mary Hoadley</p>
<p>5:15 pm Zumba® Toning \$90 End your week with a toning dance party. Anh-Thu will keep you shimmying, shaking and toning away all the stress from the week. If you love dance and you want extra fitness this is for you! Fridays, 5:15 pm 1/10-4/17 Anh-Thu Luu</p>	<p style="text-align: center;">Sunday</p>
<p>6:15 pm Kempo Karate \$96 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. Perfect for families to do together. 16 weeks. Fridays, 6:15 pm Sensei Ricky Vinal</p>	<p>8:30 am SPIN® w/ Alissa *Jan 12-April Come perfect your form and challenge your body. From climbs, hills, and sprints this class is all about the ride. Alissa makes each class fun with themes and celebrations all year long. Alissa Eversole</p> <p>9:30 am Yoga with Alissa *Jan 12-April Yoga for all bodies in this judgement free class. Welcoming all levels to practice a series of balances, poses and postures to add wellbeing to your life. Alissa Eversole</p>

Prices are based on the number of classes per week January– April
 (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

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)

Adult Children of Alcoholics

Saturday mornings 8:30-9:30am
Newport Church of God—295 Crawford Farm Road

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

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 48 hours prior .

Saturday, January 11, March 7, April 4

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 48 hours prior.

Saturday, February 1, May 2

9:00 am-3:30 pm

NCH Training Center (Medical Arts 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

Babysitting Course \$30

Learn basic child care, safety measures, basic first aid and more. Certificate upon course completion. Ages 11 & up... Bring a lunch. In cooperation with UVM Extension Service

Friday, February 28

North Country Hospital Meeting Room

Melinda Birch,

Orleans County 4-H Educator

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