

# THE WELLNESS CENTER

The meeting place for fun, health and fitness

2022 WINTER Schedule



**The Wellness Center**  
Fun, Health and Fitness

1734 Crawford Farm Road, Newport Vermont | (802)334-5566 | www.northcountryhospital.org/wellness-center

## Welcome Back News:

We are thrilled to be open again for in-person classes this winter. We ask for your patience and kindness as we come back together to celebrate fun, health and fitness. We have modified some of our protocols to adapt as healthfully as possible. Registration is MANDATORY! In an effort to keep everything running as smoothly as possible we ask that you pre-register for all your classes. (Including unlimited members.) If you want a space—register to save your place! Drop-ins are not guaranteed a spot and price will be \$10/class for anyone not prepaid in full before the start date. Thank you for your cooperation. Thank you to our virtual instructors and participants who supported us through our virtual studio!



### Meet Our Director: Mary Hoadley

Mary Hoadley has been The Director of The Wellness Center/ Employee Wellness for the past 10 years and is one of our Instructors. Mary has over two dozen different certifications and licenses allowing her to teach a variety of classes! She brings enthusiasm and excitement to every class, every time! She also does personal training, nutrition/wellness/weight management consulting and is an ACE Certified Health Coach!

When not teaching Mary loves raising her cats, crafting, preaching, directing shows, performing with Borderline Players, and is the Rotary Club of Newport Past-President.

She's your Go-To for all questions, concerns, registrations and comments: mhoadley@nchsi.org Don't forget to check out her weekly Healthy You Column in the Newport Daily each Thursday!



**Meet Carol**  
Carol is our newest Wellness Center Family member and she brings all the joy, fun and encouragement! She's a retired educator, avid cyclist, hiker and skier. Let's give her a warm welcome!



**Meet Hope**  
Hope is our go to for aerobics and a pharmacist, avid golfer, and local choreographer for Borderline Players Theatre Company. This year Hope welcomed her first puppy! A bulldog named Olive who loves outdoor adventures with her mom and dad!



**Meet Carolyn**  
Carolyn is a warm, genuine & welcoming yoga instructor. Retired from NCUJH. She spends time outdoors hiking, walking, gardening, snowshoeing and x-country skiing. She also volunteers in the community and has great fun being with her granddaughters.



**Meet Jana**  
Jana brings her kind and caring nature to each class. Jana loves animals, the ocean and spending time with her closest friends and family. Jana enjoys taking classes of her own and is currently taking classes on writing!



**Meet Lynn**  
Lynn has been teaching at the Wellness Center for 20 years. She is a certified Senior Fitness Instructor and master at Laugh Yoga. Each class has a healthy dose of fun, laughter and well-being. Motion is Lotion! Lynn also teaches voice lessons and manages Heron's Path, LLC. She's an active Grandmother.



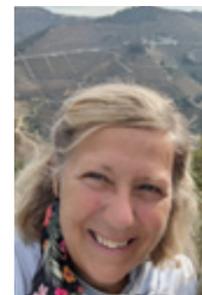
**Meet Lauren**  
Lauren is an Air Guard Veteran, who loves to travel and visit new places. She loves teaching and learning. Her passions include music, the arts, exercise and animals. She started with The Wellness Center in the 80's!



**Meet Meredith**  
Meredith is our afternoon yoga guru. She brings her quirky and funky energy to each class to keep you entertained. While she trained in the Netherlands this Vermont Native also loves hiking, singing and performing on stage.



**Meet Faye**  
Faye is a registered respiratory therapist who spent the majority of her career training respiratory therapists in Vermont. Recently making Yin Yoga her educational focus, Faye is a life-long learner and continues to practice and study yoga on a daily basis.



**Meet Sally**  
She loves being outdoors, walking, hiking, biking, swimming, snowshoeing, cross-country and downhill skiing! Sally has been teaching group fitness to all ages for over 25 years and is trained in everything from Tai Chi to Yoga!



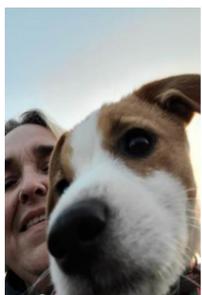
**Meet Kristen**  
Kristen teaches at NCUJHS and is a long-time fitness fan! She loves lifting heavy weights and climbing tall mountains. When not in motion she enjoys time with her husband, cats, and a good book and even a jigsaw puzzle. Kristen is all about empowering and encouraging growth.

## Who's Who

**Our staff is 100% licensed and/or certified in their field of expertise! Each instructor resides in the NEK and brings a unique quality to their class. Check out the pics and bio's to get to know us!**



**Meet James**  
Newly a father and most famous for his fancy socks and rocking playlists he also loves gardening, walking with his dog, daughter and wife. He's also a local pastor and coaches cross-country skiing at NCUHS! James keeps his classes fun and festive!



**Meet Sarah**  
Sarah hails from the NEK and loves all things outdoors! From hunting to fishing and rescuing pets! Sarah is a long time CCV employee who empowers and encourages her students the same way from work to her classes.



**Meet Faith**  
Faith is a wife, mom and has integrated her passion of mental health and wellness into her own counseling company. When not supporting clients and practicing Yoga she loves being outside, gardening and enjoying family time!



**Meet Anh-Thu**  
A passionate instructor, hobby chicken farmer and dog-sitter, Anh-Thu loves all things animals. This avid traveler has visited every continent except Antarctica. That will have to wait until after Covid.



**Meet Annie**  
Don't be surprised if you see Annie out for her daily walk! Annie loves being outside walking her dogs or looking for mushrooms with her partner. She loves enjoying live music and dancing the night away. She says, "the NEK has always been my home!"



**Meet Helena**  
This NEK native loves sharing her passions for dance, wellness and the arts with all types of people. She has a calming and welcoming nature! While she's an elementary teacher by day, she's also a child at heart.

AnyBODY may start at anytime!  
Pre-registration Required: [mheadley@nchsi.org](mailto:mheadley@nchsi.org)  
Schedule subject to change

# 2022 Wellness Schedule

Schedule Starts January 3rd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 am Pump & Core with Lauren		8:30 am Tonetastic AM with Mary			7:00 am Cardio and Core with Lauren
		9:00 am Yin Yoga with Faye		9:00 am Yoga with Carolyn		8:15am Drums Alive®
	9:30 am Gentle Yoga with Jana		9:30 Gentle Yoga with Jana			9:30 am Mindful Artistry (monthly)
	10:45 am Limber Up with Lynn	10:30 Timed Fit with Mary	10:45 am Limber Up with Lynn	10:30 Timed Fit with Mary	10:45 am TGIF Limber Up with Lynn	
	4:15 pm Spinning® with Carol	4:15 pm Yoyalaties with Mary	4:15 pm Cardio and Core with Lauren	4:15 pm Piyo® Live with Mary		
	5:15 pm Tonetastic with Mary	5:15 pm Zumba® with Mary	5:15 pm Pump & Core with Lauren	5:15 pm Zumba® with Mary		
	6:15 pm All Star Workout with Mary	6:15 pm Yoga with Meredith		6:15 pm Boxing Bootcamp with Mary		
TROY PARISH HALL		5:15 pm TaiChi/Qi Gong 6:15 pm Yoga		5:15 pm Fit Happens 6:15 pm Yoga		

\*\*\* PRICING \*\*\*

Classes are AS PRICED in the brochure  
Month options : 1/week \$24 2/week \$40 3/week \$48 (no credits will be give from one month to the next)

Drops-Ins: \$10/class

WINTER SPECIALS:

Regular Monthly Unlimited Membership: \$80.00/month

Discounted January - April Unlimited Membership: \$285.00

PRERECORDED CLASSES ONLY: \$50/Month Unlimited Access of \$160 for January - April

UNLIMITED ALL ACCESS TO LIVE AND PRERECORDED CLASSES: \$95/Month or \$380 for January - April



**PRERECORDED VIRTUAL CLASSES** Lil' Star Workouts, Limberflex, Move and Groove, Tone 10, Workouts with Kristen, Low-Impact Aerobics, Yoga, Zumba® Gold/Toning, Seated Strength, Pre-Natal Fitness, Pedal Parties, Kids Classes and more!



## LIVE In-PERSON CLASSES

Masks are mandatory and available on-site.

In an effort to keep our space, instructors and participants as healthy as possible, we ask that you do not come to class if you are feeling unwell or if you have been in contact with someone who is ill. ALL participants MUST sign in and will be required to fully sanitize all used materials. In an effort to reduce shared items we do ask you to please bring a mat and yoga props to appropriate classes. Absolutely no outdoor shoes will be allowed in the studio. Please consider bringing your own mat.

### ToneTastic *Mary Hoadley*

**Mondays 5:15pm/Weds 8:30 am • January 3-April 13 • \$90/150**

In this popular class we will be focusing on increasing overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. Please bring a mat. It's toning, its fantastic, it's TONETASTIC.

### All Star Workout PM *Mary Hoadley*

**Mondays 6: 15 pm • January 3-April 11 • \$90**

This class is ALWAYS different and always fun! It mixes cardio kickboxing, strength training, Pilates/core and flexibility work into a perfect workout each class. Sometimes using bikes, bands, balls and more. This total body workout requires ability to get up and down off the ground freely. Please bring a mat.

## MONDAYS

### Pump and Core *with Lauren Gillespie*

**Mon 8:30 am/Wed 5:15pm • January 3-April 27 • \$102/170**

This mat based class is founded on the principles of Pilates and will have you building overall body-strength, control and awareness. Using weights, bands, balls and more! Class ends with a total body stretch.

### Gentle Yoga Monday *with Jana Parker*

**Mondays/Wednesdays 9:30 am • January 3-April 13 • \$90/\$150**

Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster.

### Monday Limber Up *with Lynn Flint*

**Mon/Weds/Fridays 10:45 am • January 3-April 15 • \$84/140/172**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength and laugh yoga! No class 3/11 or 3/14.

### Spinning® *with Carol Trembley*

**Mondays 4:15pm • January 3-April 25 • \$102**

Welcome to Carol! Carol brings her joy of cycling and contagious enthusiasm to this all level Spinning® class. Join her for weekly rides that will increase your endurance, build strength and keep you motivated all winter long! This class is perfect for the outdoor cyclist looking to take it inside for the winter.

## TUESDAYS

### YinYoga *with Faye Tolar*

**Tuesdays 9:00 am • January 4-April 12 • \$90**

Yin is a simple, quiet practice that targets the deeper connective tissue of our ligaments, joints and fascia networks. The practices allows for healthy movement and increased mobility. For all levels. Please bring a mat, blocks, strap, blanket, and bolster/pillows.

### TUESDAY Timed Fit *with Mary Hoadley*

**Tuesdays /Thursdays • 10:30 am January 4-April 14 • \$90/\$150**

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift over-head. Please bring a mat.

### Yoyalaties *with Mary Hoadley*

**Tuesdays 4:15 pm • January 4-April 12 • \$90**

Trained in both Yoga and Pilates Mary designed this class to mix the best of both worlds! Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Using a mat and sometimes weights, bands, balls and more.

**Zumba® Tuesdays** with Mary Hoadley

**Tuesdays/Thursdays • 5:15 pm January 4-April 12 • \$90/\$150**

That same dance party that sweeps the nation can now be found in your own living room! Roll up your rug, grab your water and let's dance the evening away! This class has all your Zumba® rhythms from around the world.

**Tuesday Evening Yoga** with Meredith Whitney

**Tuesdays 6:15 pm • January 4-April 12 • \$90**

Need a boost? Meredith knows how to make yoga fun for the beginner to the expert! This playful yoga class uses movement and relaxation to keep your body healthy and happy. Open to all levels and abilities. Please bring a mat.

**WEDNESDAYS**

**ToneTastic** with Mary Hoadley

**Mondays 5:15pm/Weds 8:30 am • January 3-April 13 • \$90/\$150**

In this popular class we will be focusing on increasing overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. Please bring a mat. It's toning, its fantastic, it's TONETASTIC.

**Gentle Yoga Wednesday** with Jana Parker

**Mondays/Wednesdays 9:30 am • January 3-April 13 • \$90**

Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster

**Monday Limber Up** with Lynn Flint

**Mon/Weds/Fridays 10:45 am • January 3-April 15 • \$84/140/172**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength and laugh yoga! No class 3/11 or 3/14.

**Cardio and Core** with Lauren Gillespie

**Wednesdays 4:15pm/ Sat 7:00 am • January 5-April 16 • \$102/\$170**

The first half of this workout is on the bikes and then it's down to the mat for a perfect combo of cardio and core workout.

**Pump and Core** with Lauren Gillespie

**Mondays 8:30 /Wednesdays 5:15pm • January 5-April 27 • \$102/170**

This mat based class is founded on the principles of Pilates and will have you building overall body-strength, control and awareness. Using weights, bands, balls and more! Class ends with a total body stretch.

**THURSDAYS**

**Thursday Yoga AM** with Carolyn Hannan

**Thursdays 9:00 am • January 6-April 14 • \$90**

This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow designed for awareness of body, mind and breath. Please bring your mat.

**Thursday Timed Fit AM** with Mary Hoadley

**Tuesdays /Thursdays 10:30 am • January 4-April 14 • \$90/\$150**

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift over-head. Please bring a mat.

**PIYO® Live** with Mary Hoadley

**Thursdays • 4:15pm January 4 - April 14 • \$90**

This isn't your mom's yoga class! We will be moving and grooving for 3/4's of the class! This class moves up and down and side to side to give you a total body workout. The final portion is filled with deep stretches and guided relaxation. Mat required.

**Zumba® Thursday** with Mary Hoadley

**Tuesdays/Thursdays 5:15 pm • January 4-April 14 • \$90/\$150**

That same dance party that sweeps the nation can now be found in your own living room! Roll up your rug, grab your water and let's dance the evening away! This class has all your Zumba® rhythms from around the world.

**Boxing Bootcamp** with Mary Hoadley

**Thursdays 6:15 pm • January 4-April 14 • \$90**

In this high intensity class, each participant will have their own bag & gloves to train just like a boxer would! Be prepared to get out of your comfort zone and to increase your stamina! Class size is small due to spacing and bags. Register NOW!

**FRIDAYS**

**TGIF Limber Up** with Lynn Flint

**Mon/Weds/Fridays • 10:45 am January 3-April 15 • \$84/140/172**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength and laugh yoga! No class 3/11 and 3/14

**SATURDAYS**

**Cardio and Core** with Lauren Gillespie

**Wednesdays 4:15pm/Saturdays 7:00 am • January 5-April 30 • \$102/170**

The first half of this workout is on the bikes and then it's down to the mat for a perfect combo of cardio and core workout.

**Drums Alive®** with Hope Guisinger and Mary Hoadley

**Saturdays 8:15 am • January 8-April 16 • \$90**

Get ready to sweat, smile and strengthen. This class beats to the beat of it's own drum with easy to follow moves and super fun music! Fun for the whole family! Drumsticks are provided.

**• OFF SITE CLASSES •**

**Troy Tuesday/Thursday Say "YES" to Yoga**

with Sally Rivard

**Tuesdays/Thursdays 6:15pm - • January 4 - April 12 • \$90/150**

Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga.

**Troy Tuesday Tai Chi Easy®/Qi Gong**

with Sally Rivard

**Tuesdays 5:15pm • January 4-April 12 • \$90**

Discover the health benefits of gentle ancient Chinese movement, visualization, self-massage and breath practices. No prior experience needed. It's a relaxing vacation from the 10,000 pecking ducks of daily life complexity! No sweat, no stress!

**Troy Thursday Fit Happens**

with Sally Rivard

**Thursdays 5:15pm • January 6 - April 14 • \$90**

Improve your fitness through fun cardio intervals and strength training. Move and groove to great tunes, then cool down and chill out.



**Pre-Registration Required**

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

**Email To:** [mhoadley@nchsi.org](mailto:mhoadley@nchsi.org)

**Checks Payable To:** The Wellness Center

**Or Save a Stamp - Debit/Credit Cards Call: 802-334-5566**

**Name \_\_\_\_\_ Contact # \_\_\_\_\_**

**Email Address: \_\_\_\_\_ @ \_\_\_\_\_**

**Classes are as priced in brochure**

**If paying monthly: 1/week \$24 2/week \$40 3/week \$48 (No credits will be given from one month to the next)**

**Winter Specials:**

**Regular Monthly Unlimited Membership: \$80.00/month**

**Discounted January-April Unlimited Membership: \$285.00**

**2022 Discounted Membership: \$600.00**

*(Unlimited Specials include all fitness classes only. Does not include personal training)*

Specific Class Name, Date & Time	Cost	
Example, Zumba® Tuesdays with Mary 5:15 pm	\$ 90	\$90
		\$
		\$
		\$
		\$
		\$
	<b>Total:</b>	

**Attendance is the sole responsibility of the participant.**

Due to our low and discounted rates, there are absolutely no refunds/credits for missed/skipped classes. Payments will not exceed month paid for or session ending 04/30/2022

**Registration is very important. Please register to be "in the know."**

**Drop In Rate: \$10/class (If a class is full no drop ins will be permitted)**

# PRERECORDED CLASSES

PRERECORDED CLASSES ONLY: \$50/Month Unlimited Access  
or \$160 for January - April  
UNLIMITED ALL ACCESS TO LIVE AND PRERECORDED CLASSES:  
\$95/Month or \$380 for January - April

\*\*\*There will be no credits/refunds for any payments regardless of  
circumstances for month/session paid ending 4/15/2022\*\*\*

## Breathe and Body Reset

with Sally Rivard  
Take less than 20 minutes to reduce stress, increase your energy and take time to be present in your breath and body, including gentle movement, self-massage and more!

## Tone 10

with Mary Hoadley  
Everything you love about ToneTastic bundled up into 10 minute mini workouts. These 10 minute workouts can be done alone or pair them up with other workouts! Weights and mat are needed.

## Stretch with Sarah

with Sarah Corrow  
This class is all about stretching! Take some time to lengthen your muscles, deepen your breath and relax!

## Mindfulness with Mary

with Mary Hoadley  
Multiple mindfulness practices you can do from your desk to your bed! Start your day, end your day or take a break with these practices that focus on reducing stress and increasing gratitude.

## YOGO

with Sally Rivard  
Cardio, Yoga, Pilates and Tai Chi come together in the total mind and body experience. Grab a mat and join us for a little of everything!

## Pain Free Yoga

with Sarah Corrow  
Living with aches and pain? Bad back? Worn out knees? No problem! Sarah has designed her class to accommodate almost everything. Mat and chair required.

## Pedal Parties

with Mary Hoadley  
Join certified Rockstar Spin Instructor Mary for some themed party rides! 80', 90's, and more! Each party is just under 30 minutes and will leave you sweating, singing and ready to rock your day!

## Prenatal Workouts

with Kristen McAllister  
Functional fitness for the moms about-to-be! Please talk to your physician before joining us. This class uses a mat, couch/chair, weights and/or bands.

## Pump and Core

with Lauren Gillespie  
Grab your weights and a mat for a total body workout that will have you lifting and lengthening the whole body with an emphasis on core work. This low-impact class is perfect for those looking to sweat without any jumping!

## Chair Yoga

with Carolyn Hannan  
Chair yoga is perfect for all ages and abilities. You can do this at home or even in the office. Poses and postures for lengthening the body and relaxation for calming the mind.

## Core 20

Lauren Gillespie  
A 20 minute core workout! Grab a mat and a weight and let's sweat! A Perfect abdominal workout for after a Spinning® class, aerobics or even just by itself. Check out Lauren's stretch 20 bonus classes!

## Kidz Danze Partiez

with Helena Vachon  
Do you like music? Do you like to dance? Then come dance with Helena! These funky dances are perfect for getting the sillies out or anytime!

## LimberFlex

with Lynn Flint  
These mini classes take the best parts of Limber Up and offer them for safe use at home! Strengthen, lengthen and laugh with these senior safe workouts and laugh yoga routines!

## Kidz Jamz

with Sally Rivard  
Kids needing to burn off some energy or find some? This class is so fun! From dancing to kid friendly stretch your kids will get in that much needed exercise!

## Qi Snacks

Sally Rivard  
8 mini sessions that welcome postures, movement, breathing techniques and meditation, designed to promote wellness! Perfect for breaks!

## Move and Groove

with Sally Rivard  
These low impact workouts are designed for all ages! Move and groove with Sally through some aerobic exercises and then grab your weights and a chair to work on over all strength.

## Meditations

with Annie Christoni  
Annie leads you through several different types and lengths of meditations. You can do these first thing in the am, at your desk or anytime you need to breathe!

## Dance Parties

with Helena Vachon  
Put on your dancing shoes and just groove! Let's have some fun and just dance! No experience needed and fun for the whole family!

## Low Impact Aerobics

with Hope Guisinger & Mary Hoadley  
All you need is a clear space and you are ready to go. These low impact classes are full of fun, steps and songs you will love. Get in those steps while singing along!

## Let's Warm Up

with Helena Vachon  
Need a warm up routine? Look no further! Helena will get you ready for a great workout or just a quick way to get your heart rate up and your body warm!



## Let's Read

with Mary Hoadley  
Come read a book with Mary! Mary will sit down with a fun-filled book to share with kids of all ages. The healthy reads teach kids about healthy lifestyles, eating well and playful exercise.

## Workouts with Kristen

with Kristen McAllister  
A bunch of different workouts from: Legs and Abs, Arms and Abs and more! Kristen will motivate you and challenge you as she coaches you through functional fitness workouts. Uses a mat, weights and/or bands.

## Let's Stretch

with Helena Vachon  
Whether you just want to stretch or you are looking for extra stretches after you shovel the driveway, Helena offers a variety of stretching routines to keep you lengthened out.

## Kids Yoga

with Faith Sargent Case  
This kids yoga class is fun for all ages. Incorporating special movement and poses just for kids!

## Restorative Yoga

with Jana Parker  
This class is designed for ALL levels. These supported poses are perfect for reducing stress, anxiety and for anyone wanting to slow down. Check out her meditations as well!

## Yoga Nidra/Sleep Yoga

with Jana Parker, Annie Christoni & Mary Hoadley  
Yoga Nidra/Sleep Yoga requires zero activity. Get yourself as comfy and cozy as possible for this guided deep relaxation. Clinical research shows each class is as beneficial as 4 hours of sleep.

## Yin Yoga

with Annie Christoni  
Grab your mat, blanket, blocks and strap for a slower flow, more mindful practice that focuses on deep relaxation. Yin Yoga is a perfect way to begin a yoga practice and one that can last for the rest of your life.

## Lil' All Stars

with Mary Hoadley  
All the things you love about All Star Workouts condensed into a 20 minute burst! Each workout has kickboxing, weight lifting, core work and stretching for a fast and fierce total body workout!

## Seated Strength

with Anh-Thu Luu  
Grab a chair and your weights for this totally seated workout series. Who said you have to stand up to get stronger? Wonderful for all ages and abilities.

## Kardio Kickboxing

with Mary Hoadley  
Kick, punch, block and uppercut to the music with these fast paced and fun workouts.



**Mindful Artistry \$25/each**  
Saturdays, 9:30-11:30 am  
1/22, 2/26, 3/12, 4/9

For those looking for a creative outlet in arts and crafts. Leave with your own projects you've created. No experience required. Adults only. Must register/pay 72 hours in advance. No refund for no shows. These sell out fast. Register ASAP.

Facilitator, Mary Hoadley  
(projects and dates are subject to change)

## Red, White & Pink Drum & Dance American Heart Association

Friday, Feb 4th  
5:30 pm \$10 donation  
Free Gifts and Prizes!  
45 minutes of Drums Alive® followed by 45 minutes of Zumba®!  
Wear Red, White & Pink! Prize for best outfit!  
Facilitator, Mary Hoadley

**20% OFF**  
**ALL CLASSES**  
All Veterans,  
active-service members  
and 1st responders.  
Verification required.