Welcome Back News: We are thrilled to 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 allow as many as possible. Registration is MANDATORY! It is an effort to keep everyone running as smoothly as possible. We ask that you pre-register for all your classes. (Including Unlimited memberships.) If you want a space—register to save your spot! 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, panaching, dancing and performing with Borderline Players, and is the Rotary Club of Newport Past-President!

Her go-to for all questions, concerns, registrations and comments mhoadley@nchsi.org
Don’t forget to check out our Healthy You Calendar in the Newport Daily each Thursday!

The Wellness Center is the meeting place for fun, health and fitness
1734 Crawford Farm Road, Newport, VT (802)334-5566 | www.northcountryhospital.org/wellness-center
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<td>8:30 am Pump &amp; Core with Lauren</td>
<td>8:30 am Toning: TRX with Mary</td>
<td>9:00 am Yin Yoga with Mary</td>
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<td>7:00 am Cardio &amp; Core with Lauren</td>
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<td>9:30 am Gentle Yoga with Jana</td>
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<td>10:45 am TGIF Limber Up with Lynn</td>
<td>9:30 am Mindful Artistry (monthly)</td>
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**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.

**TONE TASTIC**

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

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 all the ground freely. Please bring a mat.

**YIN YOGA**

with Faye Talar
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.

**SCHEDULE SUBJECT TO CHANGE**

**TROY PARISH HALL**

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!

**FREQUENCY BASED RATES**

- Mon/Weds/Fridays: $80/month (no credits will be given from one month to the next)
- Tuesdays/Thursdays: $85/month
- Wednesdays: $90/month
- Tuesdays, Thursdays: $95/month or $380 for January - April

**WINTER SPECIALS**

Discounted January - April Unlimited Membership: $285.00

Regular Monthly Unlimited Membership: $90.00/month

Discounted January - April Unlimited Membership: $165.00

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

Discounted January - April Unlimited Membership: $165.00

**UNLIMITED ALL ACCESS TO LIVE AND PRERECORDED CLASSES**

- $50/Month Unlimited Access of $160 for January - April
- $285.00

AnyBODY may start at anytime!

Pre-registration Required: mhoadley@nchsi.org

Schedule subject to change
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.

Wednesday Yoga Morning with Carolyn Hannan  
**Wednesdays 9:00 am • January 4-April 13 • $90**
This hour long yoga class is designed for most people with the ability to get up and down from 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 to bolster.

Wednesday Yoga with Sally Rivard  
**Wednesdays 2:00 pm • January 4-April 13 • $90**
This class provides a total body stretch.

Thursday Yoga AM with Mary Hoadley  
**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 Yoga AM with Sue Fuglin  
**Thursdays 9:00 am • January 6-April 14 • $90**
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.

Thursday Yoga AM with Sally Rivard  
**Thursdays 9:00 am • January 6-April 14 • $90**
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.

Thursday Yoga AM with Lauren Gillespie  
**Thursdays 9:00 am • January 6-April 14 • $90**
This is an 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 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 Yoga AM with Sally Rivard  
**Thursdays 9:00 am • January 6-April 14 • $90**
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.

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.

**F R I D A Y S**

TGIF Limber Up with Lynn Flint  
**Wednesdays 7:00 am • January 5-April 10 • $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.

Cardio and Core with Lauren Gillespie  
**Wednesdays 4:15 pm/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.

**S A T U R D A Y S**

Troy Tuesday/Thursday Say “YES” to Yoga with Sally Rivard  
**Tuesdays/Thursdays 6:15 pm • 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 5:15 pm • 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 5:15 pm • 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.

**O F F  S I T E  C L A S S E S**

**Pre-Registration Required**

**Mail To:** The Wellness Center, 189 Prouty Drive, Newport, VT 05855  
**Email To:** nhoadley@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)

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**  
**Example, Zumba® Tuesdays with Mary 5:15 pm**  
**Cost**  

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**Total:**

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 “in the know.” Drop In Rate: $10/class (If a class is full no drop ins will be permitted)**

**THURSDAYS**

Troy Tuesday/Thursday Say “YES” to Yoga with Sally Rivard  
**Tuesdays/Thursdays 6:15 pm • 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 5:15 pm • 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 5:15 pm • 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.

**TONE TASTIC** 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 Jane Parker  
**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  
**Mondays/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 6:15pm/ 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.

**PIYO® LIVE** with Mary Hoadley  
**Thursdays • 6:15pm January 4 - April 9 • $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  
**Thursdays/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!
**Breathe and Body Reset**

With Sally Riderv
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 into 10 minute mini workouts. These 10 minute workouts can be done alone or pair 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 Riderv
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’s, 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-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 Gillepsie
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 Hanion
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 Gillepsie
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 at home! Strengthen, lengthen and laugh with these senior safe workouts and laugh yoga routines!

**Kidz Jamz**

With Sally Riderv
Kids need to burn off some energy or find some? This class is so fun! From dancing to kid friendly stretched you kids will get in that much needed exercise!

**Qi Snacks**

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

**Move and Groove**

With Sally Riderv
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 all over strength.

**Meditations**

With Annie Chriotis
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 shovelled the driveway, Helena offers a variety of stretching routines to keep you lengthened out.

**Kidz Yoga**

With Faith Sargent Case
This kids yoga class is for fun 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 Chriotis & 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 Chriotis
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!

**Kidz Jamz**

With Hope Guisinger & Mary Hoadley
Kick, punch, block and jump to the music with these fast paced and fun workouts.

**Kardio Kickboxing**

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

**Mindful Artistry**

$25/each Saturdays, 9-11:30 am
Friday, Feb 4th
5:30 pm $10 donation
Free Gifts and Prizes!
45 minutes of Drums Alive® followed by 45 minutes of Zumba®!
FACILITATOR, MARY HOADLEY

**Red, White & Pink**

Heart Association
Drum & Dance American
Friday, Feb 4th
5:30 pm $10 donation
Free Gifts and Prizes!
45 minutes of Drums Alive® followed by 45 minutes of Zumba®!
FACILITATOR, MARY HOADLEY

**20% OFF ALL CLASSES**

All Veterans, active-service members and 1st responders.
Verification required.