

• **THE WELLNESS CENTER** •

The meeting place for fun, health and fitness

AUTUMN Schedule



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



**Meet Our Director:
Mary Hoadley**

Mary Hoadley has been The Director of The Wellness Center/Employee Wellness for over 11 years and has been one of our instructors since 2009. 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, actively participating in the Rotary Club as a board member and is the pastor of the Brownington Congregational Church.

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 Tuesday!

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 below and get to know us!



Meet Mitchael
Mitchael was born and raised in Vermont and has a Master's Degree in Exercise and Sports Science. Mitchael enjoys baking, hiking, listening to audio books, disc golf and volleyball. He also has two cats!



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 a wife, daughter, mother, Veteran and dog lover. When not teaching classes she loves to get outside and visit her kids. When not in a global pandemic she also loves to travel and visit new places!



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



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 Rita
From student to teacher! Rita brings her A game whether it's taking or teaching a class! In her quiet time she enjoys porch nights with her husband & pups and trampoline time with her daughter.

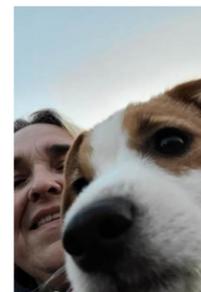
Ride and Shine with Rita!



Meet Kristen
Kristen teaches at NCU and is a long-time fitness fan! She loves lifting heavy weights and climbing tall mountains. She enjoys time with her husband, cats, and a good book and even a jigsaw puzzle. Kristen is all about empowering and encouraging growth.



Meet Carolyn
Carolyn is a warm, genuine & welcoming yoga instructor. She is retired from NCUHS. 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 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. Sarah's down-to-earth



Meet Ashley
Ashley is a total wellness enthusiast! She loves dance, camping, hiking, reading and of course spending time with her family. You may even recognize Ashley from her adventures outside with her dog too! Welcome Ashely!



Meet Helena
An NEK native and mother of two, Helena has a passion for fitness and wellness. A dancer first, Helena traded in her ballet slippers for sneakers after college and loves to bring fun, upbeat classes to all ages and abilities.

The Wellness Center - 40th Anniversary Year!

Fun, Health and Fitness

Masks are Optional—but highly suggested.



The Wellness Center FALL 2022 Pre-Registration Required

Starting Tuesday, Sept. 6, 2022 *Schedule subject to change

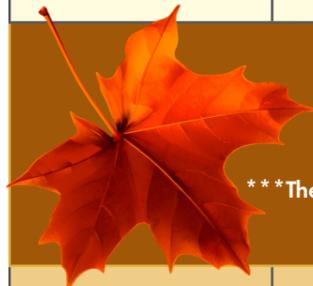
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 am T.B.C AM with Mitchael			6:00 am T.B.C AM with Mitchael	7:15 am Cardio and Core with Lauren
8:30 am Ride and Shine with Rita		9:00 am Yoga with Carolyn	8:30 am Tonetastic AM with Mary	9:00 am Yoga with Carolyn	8:30 am T.B.C with Mitchael	8:30 am Drums Alive® with Hope, Helena and Mary
	9:30 am Gentle Yoga AM with Jana	10:15 am Timed Fit with Mary	9:30 Gentle Yoga with Jana	10:15 am Timed Fit with Mary	9:30 am Restorative Yoga with Jana	
	10:45 am Limber Up with Lynn	11:15 am Zumba® Gold with Sally	10:45 am Limber Up with Lynn	11:15 am Zumba® Gold with Sally	10:45 am TGIF Limber Up w/ Lynn	
	4:15 pm Yin Yoga with Ashley Start 10/31 Spin® with Carol	4:15 pm Yogalaties 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 Zumba® with Mary		
	6:15 pm All Star Workout with Mary	6:15 pm Yoga with Mitchael		6:15 pm Yoga with Ashley Start 11/3Boxing Bootcamp w/ Mary		
TROY PARISH HALL *CHECK DATES		5:15 pm Zumba® Gold 6:15 pm Qi Gong & Tai Chi		5:15 pm Zumba® Gold 6:15 pm Yoga		
NC Primary Care Barton-Orleans	5:30 Bodyweight Bootcamp w/ Sarah		5:15 pm Yoga with Sarah			

Pricing

Classes are AS PRICED in brochure Drop-Ins: \$10/class Fall Special:
Monthly Unlimited Membership: \$80.00/month Discounted Fall Unlimited Membership: \$285.00
PRERECORDED CLASSES ONLY: \$50/Month Unlimited Access of \$160 for Sept-December.

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

There will be no credits/refunds for any payments regardless of circumstances for month/session paid ending 12/31/2022



PRERECORDED VIRTUAL CLASSES Lil' Star Workouts, LimberFlex, Move and Groove, Pump and Core, Tone 10, Low-Impact Aerobics, Workouts with Kristen, Seated Strength, Pedal Parties, Kids Classes, Chair Yoga and more!

LIVE IN-PERSON CLASSES

Masks are optional but highly recommended.

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.

MONDAYS

Gentle Yoga Monday with Jana Parker

Mondays/Wednesdays 9:30 am • Sept 12-Dec 14 • \$78/\$140

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 or pillow. Mon-day only students: \$78

Monday Limber Up with Lynn Flint

Mon/Wed/Fridays 10:45 am • Sept 12-Dec 16 • \$78/130/152

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! No class 11/7. Mondays only \$78.00.

Monday Yoga with Ashley with Ashley Reindeau

Mondays 4:15 pm • Sept 12-Oct 24 • \$42

Wash away the Mondays with this yoga class that will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. Welcome Ashley!

Spinning® with Carol Trembley

Mondays 4:15 pm • Oct 31—Dec 12 • \$42

Carol brings her joy of cycling and contagious enthusiasm to this all level Spinning® class. Join her for weekly themed rides that will in-crease 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 fall and winter.

ToneTastic PM with Mary Hoadley

Mondays 5: 15 pm • Sept 12-Dec 12 • \$48

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, it's fantastic, it's TONETASTIC. No Class 10/1.

All Star Workout with Mary Hoadley

Mondays 6: 15 pm • Sept 12-Dec 12 • \$78

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.

TUESDAYS

Tuesday T.B.C. AM Total Body Conditioning with Mitchael Budziak

Tuesdays/Fridays, 6:00 am • Sept 6-Dec 16 • \$90/145

This class takes functional fitness to the next level with its overall body conditioning workouts. Join us to in-crease your strength, stamina and overall wellness. Tuesdays only \$90

Yoga AM with Carolyn Hannan

Tuesdays/Thursdays 9:00 am • Sept 6-Dec 13 • \$90/145

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.

Tuesday Timed Fit with Mary Hoadley

Tuesdays /Thursdays • 10:15 am • Sept 6-Dec 15 • \$78/\$140

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. Tuesdays only \$90.

Zumba® Gold with Sally Rivard

Tuesdays /Thursdays 11:15 am • Sept 6-Oct 13 • \$36/60

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY! Tuesdays only \$36.

Yogalaties with Mary Hoadley

Tuesdays 4:15 pm • Sept 6-Dec 13 • \$84

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. Each class comes with a manta card.

Zumba® Tuesdays with Mary Hoadley

Tuesdays /Thursdays 5:15 pm • Sept 6-Dec 15 • \$84/135

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. No class 10/18. Tuesdays only \$84.00

Evening T.B.C PM Total Body Conditioning with Mitchael Budziak

Tuesdays 6:15 pm • Sept 6-Dec 13 • \$90

This class takes functional fitness to the next level with its overall body conditioning workouts. Join us to increase your strength, stamina and overall wellness.

WEDNESDAYS

ToneTastic Am with Mary Hoadley

Mondays/Wednesdays 8:30 am • Sept 7-Dec 14 • \$90

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, it's fantastic, it's TONETASTIC.

Gentle Yoga Wednesday with Jana Parker

Mondays/Wednesdays 9:30 am • Sept 14-Dec 14 • \$84/140

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 or pillow. Wednesday only \$84

Wednesday Limber Up with Lynn Flint

Mon/Wed/Fridays 10:45 am • Sept 14-Dec 16 • \$78/130/152

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! No class 11/9. Wednesdays only \$78.00.

Cardio and Core with Lauren Gillespie

Wednesdays 4:15 pm • Sept 7-Dec 14. • \$108

Time flies with this combo class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core workout.

THURSDAYS

Thursday Yoga AM with Carolyn Hannan

Tuesdays/Thursdays 9:00 am • Sept 8-Dec 15 • \$84/145

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. No class 11/24. Thursday only \$84.00

Thursday Timed Fit AM with Mary Hoadley

Tuesdays /Thursdays 10:30 am • Sept 8-Dec 15 • \$84/145

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. No Class 11/24. Thursdays only \$84.

NEW Zumba® Gold with Sally Rivard

Tuesdays /Thursdays 11:15 am • Sept 6-Oct 13 • \$30/60

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY! Thursday only \$36

PIYO® Live with Mary Hoadley

Thursdays • 4:15 pm • Sept 8-Dec 15 • \$78

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 stretched and guided relaxation. Barefoot class with mat required. No class 10/18 or 11/24.



Babysitting Course \$35

Learn basic child care, safety measures, basic first aid and more. Certificate upon course completion. Ages 11 & up. Bring a lunch. Masks will be required for all children at all times.

In cooperation with UVM Extension Service

Saturday, October 22, 9:00 am- 3:00pm.

North Country Hospital Meeting Room

Melinda Birch, Orleans County 4-H Educator

Registrations due by 10/7.

Zumba® Thursday with Mary Hoadley

Tuesdays/Thursdays 5:15 pm • Sept 8-Dec 15 • \$78/135

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. Thursdays only \$78 No class 10/18 or 11/24.

Thursday Yoga with Ashley with Ashley Reindeau

Thursdays 6:15 pm • Sept 8-Oct 27 • \$42

Finish out the week with this yoga class that will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. Welcome Ashley! No class 9/14

Boxing Bootcamp with Mary Hoadley

Thursdays 6:15 pm • Nov 3- Dec 15 • \$36

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! No class 11/24

FRIDAYS

T.B.C. AM Total Body Conditioning with Mitchael Budziak

Fridays/Tuesdays, 6:00 am • Sept 6-Dec 16 • \$90/145

This class takes functional fitness to the next level with its overall body conditioning workouts. Join us to in-crease your strength, stamina and overall wellness. Tuesdays only \$90

RESTORATIVE YOGA with Jana Parker

Fridays, 9:30 am • 10:45 am • Sept 16-Dec 16 • \$78/\$130/\$156

This restorative and relaxation based class will use mindful movement and restorative poses for a blend of movement and rest. For all levels. Please bring a mat, blocks, strap, blanket, and bolster/pillows, if you have them. No class 11/25.

TGIF Limber Up with Lynn Flint

Mon/Weds/Fridays • 10:45 am • Sept 16-Dec 16 • \$78/130/152

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! No class 11/11 or 11/25. Fridays only \$72.

SATURDAYS

Cardio and Core with Lauren Gillespie

Saturdays 7:15 pm • Sept 9-Dec 17 • \$90

Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core

Drums Alive® with Hope Guisinger and Mary Hoadley

Saturdays 8:30 am • Sept 9-Dec 17 • \$90

Get ready to sweat, smile and strengthen. This class beats to the beat of its own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided.

SUNDAYS

Ride and Shine with Rita Gage

Sundays, 8:30 am • Sept 11- Dec 18 • \$90

Sundays are Spinning®! Join us for a musical gen-re adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike.

The Wellness Center - 40th Anniversary Year!

Fun, Health and Fitness

PRERECORDED CLASSES ONLY:
 \$50 a Month Unlimited Access
 or \$160 for Sept - Dec
**UNLIMITED ALL ACCESS TO LIVE AND
 PRERECORDED CLASSES:**
 \$95/Month or \$380 for Sept - Dec
 ***There will be no credits/refunds for any
 payments regardless of circumstances for
 month/session paid ending 12/31/2022**



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

Mindfulness

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 pains? 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

with 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

with 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.

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 heartrate 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 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 mow the lawn, Helena offers a variety of stretching routines to keep you lengthened out.

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 & 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.

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!

Kardio Kickboxing

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

• OFF SITE CLASSES TROY PARISH HALL MONDAYS, TUESDAYS & THURSDAYS •

Restorative YinYoga with Faye Tolar Mondays 5:15 pm • Sept 12-Dec 12 • \$84

Restorative Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students.. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them.

TROY Zumba® Gold with Sally Rivard Tuesdays /Thursdays 5:15 pm • Sept 6-Oct 13 • \$36/60

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

Troy Qi Gong & Tai Chi with Sally Rivard Tuesdays 6:15 pm • Sept 6- Oct 11 • \$36

Restore your mind and body from the day's activities & prepare your mind and body for a restful night of sleep, check it out! No sweat (come in work clothes if you need to) and definitely NO STRESS when you leave! For all abilities from athletes to those who prefer to stay seated.

TROY Zumba® Gold THURSDAY with Sally Rivard Tuesdays /Thursdays 5:15 pm • Sept 6-Oct13 • \$36-60

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

Troy Yoga Thursday with Sally Rivard Thursdays 6:15 pm • Sept 8-Oct 13 • \$36

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

• OFF SITE CLASSES NC PRIMARY CARE BARTON-ORLEANS •

Body Weight Boot Camp with Sarah Corrow Mondays, 5:30 pm • Sept 12-Dec12 • \$84

This circuit training class uses your body as your biggest asset! In-crease overall strength and endurance each Monday to kick off the week right! Requires the ability to get up and down off the ground. Please bring a mat.

Yoga with Sarah with Sarah Corrow Wednesdays 5:30 pm • Sept 7-Dec 14 • \$90

This yoga class welcomes all bodies! This class concentrates on physical health and mental wellbeing. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket.

Pre-Registration Required

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

Email To: 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 THE BROCHURE

Drop-Ins: \$10/class • Monthly Options Available

Fall Specials:

Monthly Unlimited Membership: \$80.00/month

Discounted Fall Unlimited Membership: \$285.00

(Unlimited Specials include all fitness classes only. Does not include personal training, workshops, health coaching or pop-up events. Monthly membership EXPIRES on the last date of each month with no exceptions.)



Specific Class Name, Date & Time	Cost	
Example, Zumba® Tuesdays with Mary 5:15 pm	\$ 84 multiple	\$ 145
Drums Alive Saturday	\$90 class disc.	

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 12/31/2022

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)