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 in the portal 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!

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 phone mount,ivid gather and local choreographer for Borderline Players Theatre Company. This year Hope welcomed her first puppy! A building.

Meet Faye

Faye is a registered respiratory therapist who spent the majority of her career training respiratory therapists in Vermont. Recently making VT home she’s excited to bring her educational focus, Faye is a life-long learner and continues to practice and study yoga on a daily basis.

Meet Sarah

Sarah hails from NCUHS. She’s a long time fitness buffy mom. She loves watching weights and fishing tackle mountains. Faye is all about empowering and encouraging.

Meet Rita

Rita brings her A-game to teaching. From student to teacher! Rita brings her A-game and never misses a beat. She says, “the NEK has always been my home!”

Meet Ashley

Ashley is our total wellness enthusiast! She loves dancing, camping, hiking, teaching and all course spending time with her family. You may even recognize Ashley from her adventures outside with her dog too!

Meet Kristen

Kristen is our new Rosarian at NCUHS after several years of Walking at NCUHS. She’s a long time fitness buffy mom. She loves watching weights and fishing tackle mountains. Kristen is all about empowering and encouraging.

Meet Jung

Jung brings her kind and caring nature to each class. Jung loves animals, the ocean and spending time with her closest friends and family. Jung 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 of Laugh Yoga. Each class has a healthy dose of fun, laughter and well-being. Moton is skipping her juices! Lynn manages Heron’s Path, LLC. She’s an active Grandmother.

Meet Sarah

Sarah hails from the NEK and loves all things outdoor! From hunting to fishing and now hiking! Sarah is a longtime CCV employee who empowers and encourages her students the same way she works her classes. Sarah has a down-to-earth approach.

Meet Annie

Annie loves to be outside walking her dogs or looking for mushrooms with her partner. She loves spending time with her husband & pups and enjoying live music and dancing the night away.

Meet Ashley

Ashley is our total wellness enthusiast! She loves dancing, camping, hiking, teaching and all course spending time with her family. You may even recognize Ashley from her adventures outside with her dog too!

Meet Faye

Faye is our go to for aerobics and a phone mount,ivid gather and local choreographer for Borderline Players Theatre Company. This year Hope welcomed her first puppy! A building.

Meet Sunny

Sunny is a visual artist who loves to bring fun, upbeat and caring nature to each class. Sunny’s class is always full of fun, laughter and well-being. Sunny is skipping her juices! Sunny manages Heron’s Path, LLC. She’s an active Grandmother.

Meet Hope

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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!

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The Wellness Center 41st Anniversary Year!
Pre-Registration Required
Starting Monday, May 1, 2023 *Schedule subject to change

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<tr>
<th>Sunday</th>
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<tr>
<td>8:30 am Ride and Shine with Rita</td>
<td>9:00 am Yoga with Carolyn/Faye</td>
<td>8:30 am ToneTastic AM with Mary</td>
<td>9:00 am Yoga with Carolyn/Faye</td>
<td>7:15 am Cardio and Core with Lauren</td>
<td>8:30 am Drums Alive®</td>
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<td>9:30 am HIIT with Mitch</td>
<td>9:30 am Gentle Yoga AM with Jana</td>
<td>10:15 am Timed Fit with Mary</td>
<td>9:30 Gentle Yoga with Jana</td>
<td>10:15 am Timed Fit with Mary</td>
<td>9:30 am Restorative Yin with Faye</td>
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<td>10:45 am Limber Up with Lynn</td>
<td>11:15 am Zumba® Gold with Sally</td>
<td>12:15 Chair Yoga</td>
<td>10:45 am Limber Up with Lynn</td>
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<td>10:45 am TGIF Limber Up w/ Lynn</td>
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<td>3:00 pm 6 Week Supersets with Kristen</td>
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<td>4:15 pm YogaLolitas with Mary</td>
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<td>4:15 pm PiYo® Live with Mary</td>
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<td>5:15 pm ToneTastic with Mary</td>
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<td>6:15 pm All Star Workout with Mary</td>
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<td>6:15 pm Troy Yoga</td>
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<td>5:30 Bodyweight Bootcamp w/ Sarah</td>
<td>5:30 pm Yoga with Sarah</td>
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**PRICING**
CLASSES ARE AS PRICED IN BROCHURE

MONTHLY UNLIMITED MEMBERSHIP: $80.00/MO MONTHLY DISCOUNTED SUMMER UNLIMITED MEMBERSHIP MAY-AUGUST $285.00 PRERECORDED CLASSES ONLY: $50/MO MONTHLY UNLIMITED ACCESS OF $160 FOR MAY–AUGUST ***THERE WILL BE NO CREDIT/REFUNDS FOR ANY PAYMENTS REGARDLESS OF CIRCUMSTANCES FOR MONTH/SESSION PAID ENDING 08/31/2023***

**LIVE-IN-PERSON CLASSES**
Masks are optional.

**MONDAYS**

**Gentle Yoga Monday** with Jana Parker
Mondays/Wednesdays 9:30 am • MAY 8 - AUGUST 16 • $78/$135
Designed for most people with the ability to get up and down off the ground and to 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.
No Class: 5/29, 6/5, & 6/7 Monday only students: $78

**Monday Limber Up** with Lynn Flint
Mon/Weds/Fridays 10:45 am • MAY 8 - JUNE 23 • $30/$60/$72
Designed for active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!
No Class: 5/29. Mondays only $30

**ToneTastic** with Mary Hoadley
Mondays 5:15 pm • MAY 8 - AUGUST 14 • $72
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.
No Class 5/29, 7/17 & 7/24.

**Tuesdays**

**Tuesday Yoga AM** with Carolyn Hannan
Tuesdays/Thursdays 9:00 am • MAY 2 - JUNE 29 • $54/$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 workout that is totally different each class. Requires ability to get up and down freely.

**Tuesday Timed Fit** with Mary Hoadley
Tuesdays/Thursdays • 10:15 am • MAY 2 - AUGUST 17 • $78/$130
This class uses timed intervals and blends strength, cardio, and flexibility into a perfect workout each class. Requires ability to get up and down freely and to lift over head. Not a senior fitness class.
No Class 7/4, 7/18 & 7/25. Tuesdays only $78

**Tuesday Zumba® Gold** with Sally Rivard
Tuesdays/Thursdays 11:15 am • MAY 16 - JUNE 15 • $30/$50
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 $30.

**Chair Yoga** with Sally Rivard
Tuesdays/Thursdays 12:15 am • MAY 16 - JUNE 13 • $30
This gentle form of yoga is done using a chair for both seated and for standing balancing poses. Beneficial for any fitness level, from active seniors to those recovering from an injury. All are welcome!
Yogalaties with Mary Hoadley
Tuesdays 4:15 pm • MAY 9–AUGUST 15 • $78
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.
No Class 7/4, 7/18 & 7/25.

Zumba® Tuesdays with Mary Hoadley
Tuesdays/Thursdays 5:15 pm • MAY 9 - AUGUST 10 • $72/$120
That same dance party that sweeps the nation can now be found here! Grab your water and let’s dance the evening away! This class has all your Zumba® rhythms from around the world.
No Class 7/4, 7/18 & 7/25. Tuesdays only $78.

Evening T.B.C. (Total Body Conditioning) with Michæl Budziak
Tuesdays 6:15 pm • MAY 2 - AUGUST 15 • $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.
No Class 7/4.

WEDNESDAYS

ToneTastic AM with Mary Hoadley
Mondays 5:15pm/Weds 8:30 am • MAY 3 – AUGUST 16 • $84
In this popular class we will be focusing on increasing overall body strength! Requires the ability to get up and down on your knees with the use of weights, bands, balls and more. Please bring a mat. It’s toning, its fantastic, it’s TONETASTIC.
No Class 7/19 & 7/26.

Gentle Yoga Wednesday with Janie Parker
Mondays/Wednesdays 9:30 am • MAY 10 – AUGUST 16 • $84/$135
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 poses. Please dress warmly and bring a mat & bolster or pillow.
No class: 6/7. Wednesday only $85

Wednesday Limber Up with Lynn Flint
Mon/Weds/Fridays 10:45 am • MAY 8 - JUNE 23 • $30/$60/$72
Designed for older adult classes and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!
Wednesdays only $72

6 Week SuperSets with Kristen McAllister
Wednesday 3 pm • JULY 12 – AUGUST 16 • $36
There’s still time for a strong-body summer! 6 weeks of upper and lower body super-set circuits with built in active recovery! These total body workouts require the ability to lift overhead, get up and down off the ground, and push yourself to the next level.

Cardio and Core with Lauren Gillespie
Wednesdays 4:15 pm, Saturdays 7:15 am • MAY 9 – AUGUST 15 • $108/$175
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. Wednesdays only $108

Yoga with Ashley with Ashley Raindeau
Wednesdays 5:15 pm • MAY 3 – JUNE 7 • $36
The midweek pick-me-up we all need! This yoga class will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. A yoga class for all bodies and all levels.

THURSDAYS

Thursday Yoga AM with Carolynn Hannon
Tuesdays, Thursdays 9:00 am • MAY 2 – JUNE 29 • $54/$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. Thursdays only $54

Thursday Timed Fit AM with Mary Hoadley
Tuesdays/Thursdays 10:30 am • MAY 2 - AUGUST 17 • $84/$130
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 overhead. Please bring a mat.
No Class 7/20 & 7/27. Thursdays only $84.

Thursday Zumba® Gold with Sally Rivard
Tuesdays/Thursdays 11:15 am • MAY 16 – JUNE 15 • $30/$50
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have fun more! SENIOR FRIENDLY!
Thursdays only $30

PIYO® Live with Mary Hoadley
Thursdays • 4:15 pm • MAY 11- AUGUST 10 • $72
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 barefoot mat workout. The final portion is filled with deep stretches and guided relaxation.
No Class 7/20 & 7/27.

Zumba® Thursday with Mary Hoadley
Tuesdays/Thursdays 5:15 pm • MAY 9 - AUGUST 10 • $72/$120
That same dance party that sweeps the nation can now be found here! Grab your water and let’s dance the evening away! This class has all your Zumba® rhythms from around the world.
No Class 7/20 & 7/27. Thursdays only $72.

HIIT FIT with Mary Hoadley
Thursdays 6:15 pm • MAY 11 – AUGUST 10 • $72
In this high intensity class, each participant will be expected to challenge themselves to work outside of their comfort zone. Students will increase their stamina by completing intense workouts each week. Requires the ability to freely get up and down off the ground and lift overhead. Limited class size—Register NOW!

FRIDAYS

Restorative Yin Yoga with Faye Talar
Fridays • 9:30 am • MAY 5 – JUNE 30 • $54
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.

TGIF Limber Up with Lynn Flint
Mon/Weds/Fridays 10:45 am • MAY 8 - JUNE 23 • $30/$60/$72
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! Fridays only $30

SATURDAYS

Cardio and Core with Lauren Gillespie
Saturdays 7:15 am • MAY 3 – AUGUST 27th • $108/$175
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 workout. Saturdays only $108

Drums Alive® with Hope Guisinger, Helena Vachon and Mary Hoadley
Saturdays 8:30 am • APRIL 22 – JUNE 24 • $54
Get ready to sweat, smile and strengthen. This class beats to the beat of it’s own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided. No Class 6/3.

SUNDAYS

Ride and Shine with Rita Gage
Sundays 8:30 am • MAY 7 – AUGUST 13 • $90
Sundays are Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike.
No Class 5/13

HIIT with Mitch (High Intensity Interval Training) with Michæl Budziak
Sundays, 9:30 am • MAY 7 – AUGUST 13 • $90
This class takes functional fitness to the next level with it’s high intensity intervals. Push yourself to the next level as you increase your endurance and mobility in this fast-paced class. No Class 5/28.
PRERECORDED CLASSES

PRERECORDED CLASSES ONLY: $50/Month Unlimited
Access of $160 for May - August

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

Lil' Star Workouts, LimberFlex, Move and Groove, Pump and Core, Tone10, Low-Impact Aerobics, Yoga, Zumba® Gold/Toning, Seated Strength, Pedal Parties, Kids Classes, Chair Yoga and more!

OFF SITE CLASSES

TROY PARISH HALL

TROY Tuesday Zumba® Gold with Sally Rivard
Tuesday/Thursdays 6:15 pm • MAY 16 - JUNE 15 • $30/$50
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY! Tuesdays or Thursdays only $30.

Troy Qi Gong & Tai Chi with Sally Rivard
Tuesdays 6:15 pm • MAY 16 - JUNE 13 • $30
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. With Thursday Yoga $50 total.

Troy Yoga Thursday with Sally Rivard
Thursdays 6:15 pm • MAY 18 - JUNE 15 • $30
Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga. With Tuesday Tai Chi $50 Total.

NC PRIMARY CARE BARTON-ORLEANS

Body Weight Boot Camp with Sarah Corrow
Mondays 5:30 pm • MAY 1 - AUGUST 14 • $90
This circuit training class uses your body as your biggest asset! Increase overall strength and endurance each Monday to kick off the week with right! Requires the ability to get up and down off the ground. Please bring a mat.
No Class 5/29. With Wednesday Yoga: $150

Yoga with Sarah with Sarah Corrow
Wednesdays 5:30 pm • MAY 3 - AUGUST 9 • $90
This yoga class welcomes all bodies! This class concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket. With Monday Bootcamp: $150

WORKSHOPS

Babysitting Course $35
April 22, 9 am - 3 pm
Learn basic child care, safety measures, basic first aid and more. Certificate upon course completion. Ages 11 & up. Bring a lunch.
Registrations due by 4/8. Mask will be required for all children at all times. In cooperation with UVM Extension Service North Country Hospital Meeting Room

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

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

SATURDAY 12 NOON APRIL 1ST
All children ages 3-12 years old are invited to an egg hunt on The Wellness Center green. Pre-registration/payment required. There are limited spots and no registrations the day of.

2nd Annual Egg Hunt $5/child

WORKSHOPS

Example, Zumba® Tuesdays with Mary 5:15 pm
Drums Alive Saturday

Specific Class Name, Date & Time | Cost
--- | ---
Example, Zumba® Tuesdays with Mary 5:15 pm | $90
Drums Alive Saturday | $90

Total:

$150

Pre-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)

20% OFF for all veterans and active service members
Monthly Unlimited Membership: $80.00/month
Discounted SUMMER Unlimited Membership MAY-AUGUST: $285.00
PRERECORDED CLASSES ONLY: $50/Month Unlimited
Access of $160 for May-August

The Wellness Center
Fun, Health and Fitness
THE WELLNESS CENTER | 8734 CRAWFORD, NEWPORT VERMONT | (802)334-5566 | WWW.NORTHCOUNTRYHOSPITAL.ORG/WELLNESSCENTER