



# The Wellness Center

Fun | Health | Fitness | 1734 Crawford Farm Road Newport, VT

802-334-5566

*Celebrating 44 Years of Fun, Health & Fitness!*

## Spring/Summer Schedule (May-August 2026)

Most Classes Start May 4th—See Class Descriptions For Details!

| Sunday  | Monday   | Tuesday                         | Wednesday                                      | Thursday                                    | Friday                        | Saturday  |
|---|--|---------------------------------|--|---|-------------------------------|---|
|   |  |                                 | Tonetastic with Mary<br>8:30 AM                |   |                               | Drums Alive® with Helena, Hope, and Mary 4/25-5/16<br>8:30 AM |
|   | Gentle Yoga with Jana<br>9:30 AM                             | Yoga with Carolyn<br>9:00 AM    | Gentle Yoga with Jana<br>9:30 AM               | Yoga with Judy<br>9:00 AM                   | Yin Yoga with Faye<br>9:30 AM | April 25th Babysitting Course<br>MUST REGISTER!               |
| Boxing and Bells With Mitchael start 5/17<br>9:30 AM      | Limber Up<br>10:45 AM  | Timed Fit with Mary<br>10:15 AM | Limber Up<br>10:45 AM                          | Timed Fit with Mary<br>10:15 AM             | Yin Yoga with Faye<br>9:30 AM | Kids FREE Wellness Day<br>May 30th 9:30am–Noon                |
|   |  |                                 | NOON WellTalks<br>5/20, 6/3, 6/24<br>12:00 PM  | WellTalks<br>(see dates inside)<br>11:15 AM | Limber Up<br>10:45 AM         |   |
|   |  | Yogalaties with Mary<br>4:15 PM | Cardio (Spin) & Core<br>with Lauren<br>4:15 PM | PIYO® Live<br>4:15 PM                       |                               |   |
|   | Tonetastic with Mary<br>5:15 PM                              | Zumba® with Mary<br>5:15 PM     |  | Zumba® with Mary<br>5:15 PM                 |                               |   |
|   | All Star Workout<br>with Mary<br>6:15 PM                     |                                 | Pilates with Ellen<br>6:15 PM                  | Boxing Workshop<br>with Mary<br>6:15 PM     |                               |   |
| NC Primary Care<br>Barton - Orleans<br>488 Elm St. Barton | ALAB (All Levels, All<br>Bodies) Circuit Training<br>5:30 PM |                                 | Yoga with Sarah<br>5:30 PM                     |   |                               |   |

**Pre-Registration Required - \$10/class Drop Ins**

**MONTHLY UNLIMITED MEMBERSHIP. \$80/month**

**Summer Special: May - August \$240 (Regular price \$300)**

### MEMBERSHIP OPTIONS

- \$10 Drop-In
- \$80 Monthly Unlimited
- Summer Special: May-August \$240

\*\*\*\*\* Please note, there will be no credits/refunds for any payments regardless of circumstances for month/session paid ending 8/31/26 \*\*\*\*\*

**Summer Classes Are Here - Join Today!**



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

1734 CRAWFORD , NEWPORT VERMONT | (802)334-5566 | WWW.NORTHCOUNTRYHOSPITAL.ORG/WELLNESSCENTER

# Mondays

**Gentle Yoga Monday \$84 with Jana Parker**  
**Mondays/Wednesdays 9:30 am**  
**May 4 – August 10 14 Classes (No Class 5/25)**  
**(29 with Wednesdays \$145)**

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 bring a mat & bolster, blanket & pillow if you can.

**Monday Limber Up \$78 with Lynn Flint**  
**Mons/Weds/Fridays 10:45 am**  
**May 6 -August 12 13 Classes**  
**(No Class 5/16-5/26 or Friday 7/3).**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

**ToneTastic Mondays \$72 with Mary Hoadley**  
**Mondays 5:15pm**  
**May 4-August 10 12 Classes**  
**(No class 5/25, 7/20 or 7/27)**

This popular class increases 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. No shoes required. Please bring a mat. It's toning, it's fantastic, it's TONETASTIC. Ages 15+.

**All Star Workout \$72 with Mary Hoadley**  
**Mondays 6: 15 pm**  
**May 4-August 10 12 Classes**  
**(No class 5/25, 7/20 or 7/27)**

ALWAYS different and ALWAYS fun! Mixing cardio kickboxing, strength training, Pilates and flexibility work into a perfect workout each class. This total body workout requires ability to get up and down off the ground freely. Ages 15+

**ALAB Circuits (BARTON) \$84 (All Levels, All Bodies)**  
**with Sarah Corrow**  
**Mondays, 5:30 pm**  
**Primary Care– BARTON**  
**May 4-August 10 14 Classes (29 with Wednesdays \$145)**  
**(No Class 5/25)**

This circuit training class is for all levels and all bodies! Increase overall strength and endurance each Monday to kick off the week right! Requires the ability to get up and down

# Tuesdays

**Tuesday Yoga AM \$90 with Carolyn Hannan**  
**Tuesday/Thursday 9:00 am**  
**May 5-August 13 15 Classes**  
**(30 with Thursdays \$150)**

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 if you have one.

**TUESDAY Timed Fit \$78 with Mary Hoadley**  
**Tuesdays /Thursdays 10:15 am**  
**May 5-August 13 13 Classes (No Class 7/23 or 7/30)**  
**(26 with Thursday \$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 over-head. Not a "senior" fitness class.

**Yogalaties \$78 with Mary Hoadley**  
**Tuesdays 4:15 pm**  
**May 5-August 13 13 Classes**  
**(26 with Thursdays \$130)**

A mix of the best in both worlds of Yoga and Pilates. Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Each class comes with a manta card to keep!

**Zumba® Tuesdays \$78 with Mary Hoadley**  
**Tuesdays/Thursdays 5:15 pm**  
**May 5-August 13 13 Classes**  
**(26 with Thursdays \$130)**

That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let's dance the evening away! This class has all your favorite Zumba® rhythms from around the world. This session we celebrate: Mother's Day, Father's Day, 4th of July and MORE with specialty playlists, choreography and giveaways!

# Wednesdays

**ToneTastic AM \$78 with Mary Hoadley**  
**Wednesdays 8:30 am**  
**May 6 -August 12 13 Classes**  
**(No Class 7/22 & 7/29)**

This popular class increases 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. No shoes required. Please bring a mat. It's toning, it's fantastic, it's TONETASTIC.

**Gentle Yoga Wednesday \$90 with Jana Parker**  
**Mondays/Wednesdays 9:30 am**  
**May 6 – August 12 15 Classes**  
**(26 With Mondays \$145)**

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, blanket & pillow.

**Wednesday Limber Up \$84 with Lynn Flint**  
**Mons/Weds/Fridays 10:45 am**  
**May 6 -August 12 14 Classes**  
**(No Class 5/16-5/26 or Friday 7/3).**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh Yoga!

**Well Talks: Safe & Smart Summer FREE**  
**5/20, 6/3, 6/24 Wednesdays, NOON**

In partnership with the Vermont Department of Health, join Becky Petelle and Nicole Locke to talk all things summer! Topics include: tick safety, safe sun, and emergency preparedness for things like floods, fire and more! These programs are FREE! Each talk stands alone so you may attend one or all three! Registration preferred to ensure we have enough participation to host.

**Cardio (SPIN®) and Core \$90 with Lauren Gillespie**

**Wednesdays 4:15pm**

**May 6-August 12 15 Classes**

Ride into the fun with this 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. Welcomes most ages and abilities. Ages 15+

**Pilates with Ellen \$90 with Ellen Apple**

**Wednesdays 6:15pm**

**May 6 – 12 August 15 Classes**

Pilates is back and so is Ellen! Come strengthen from the inside out, using your core muscles and building stamina in new ways! Requires the ability to be on hands and knees. No shoes needed.

**BARTON Yoga with Sarah \$90 with Sarah Corrow**

**Wednesdays 5:30 pm**

**Primary Care—BARTON**

**May 6 -August 12 15 Classes**

**(29 with Mondays \$145)**

This class welcomes all and concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket if you have them.

## Thursdays

**Thursday Yoga AM \$90 with Judy S.**

**Thursdays/Tuesdays 9:00 am**

**May 7-August 13 15 Classes**

**(30 with Tuesdays \$150)**

This class embraces a harmonious blend of dynamic movement and heart-opening postures. Classes focus on alignment, breath, and meditation, fostering a deep connection between body and mind. Participants will engage in uplifting practices that promote physical strength and emotional well-being.

**THURSDAY Timed Fit \$90 with Mary Hoadley**

**Thursdays 10:15 am**

**May 7-August 13 13 Classes**

**(No Class 7/23 or 7/30) \$130 with Tuesday**

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. Not a senior fitness designed class.

**Well Talks: Financial Wellness FREE**

**May 7-July 2**

**Thursdays, 11:15 am**

**(No Talks on 5/28 or 6/25)**

In partnership with M&T Bank and led by Mike Morin, Assistant Vice President and Branch Manager, this 7-week series empowers participants with practical tools for financial success. Learn about fraud protection, establishing strong credit, planning for the future/retirement, and more. This program is FREE and you can come to one or all of the sessions! Registration preferred to ensure we have enough participation to host.

**PIYO® Live \$78 with Mary Hoadley**

**Thursdays 4:15pm**

**May 7-August 13 13 Classes**

**(No Class 7/23 or 7/30)**

PIYO® Live is BACK! 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 stretched and guided relaxation.

**Zumba® Thursday \$78 with Mary Hoadley**

**Tuesdays/Thursdays 5:15 pm**

**May 7-August 13 13 Classes**

**(No Class 7/23 or 7/30) \$130 with Tuesday**

That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let's dance the evening away! This class has all your favorite Zumba® rhythms from around the world. This session we celebrate: Mother's Day, Father's Day, 4th of July and MORE with specialty playlists, choreography and giveaways!

**Boxing Workshop \$18 with Mary Hoadley**

**Thursdays, 6:15 pm**

**May 7-May 21 3 Classes**

In this high intensity workshop, 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! (Additional workshops may be added with interest!)

## Fridays

**Yin Yoga with Faye \$78 with Faye Tolar**

**Fridays, 9:30 am**

**May 8—August 14 13 Classes**

**(No Class 5/29 or 4/3)**

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.

**T.G.I.F. Limber Up \$78 with Lynn Flint**

**Mon/Weds/Fridays 10:45 am**

**May 8-August 14 13 Classes**

**(No Class 5/16-5/26 or Friday 7/3).**

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh Yoga!



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**KIDS**  
Wellness Day

**Saturday, May 30th**  
9:30–Noon

Our annual 100% FREE day for our kids to learn, PLAY and have fun! Everything is 100% FREE!

**Activities Include:**  
shirt coloring Face Painting Games  
Glow Handwashing Fun crafts  
License Making Obstacle Course Snacks  
Seed Planting & MORE!

Come experience fun & easy hands-on activities, & MORE!

Wind, Rain Or Shine

# Saturdays

**Drums Alive® Add On \$24 with Hope Guisinger, Mary Hoadley, & Helena Vachon**  
**Saturdays, 8:30 am**  
**April 25-May 16 4 Classes**

The original cardio drumming workout! 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. All ages and family friendly. Instructors will rotate weeks.

**Babysitting Course \$35**  
**Saturday, April 25th 9am-3pm**  
**Ages 11+ no exceptions/verification required.**

Learn basic child care, safety measures, basic first aid and more. Certificate upon course completion. Your child will need to bring a lunch. Registration & Payment required to reserve your child's space. Checks must be mailed with child's name, date of birth (must be at least 11 years old) and parent's contact information (phone/email), to: The Wellness Center 189 Prouty Drive Newport, VT 05855 Once a payment is received you will be registered and receive further instructions no less than 48 hours before the class day. You will only be contacted earlier if the class is sold out or you are on the waitlist.

# Sundays

**Boxing and Bells \$66 Circuit Training with Mitchael Budziak**  
**Sundays, 9:30 am**  
**May 17-August 16 11 Classes**  
**(No Class Mother's Day, Father's Day, Memorial Day or 4th of July Weekend**

Memorial Day or 4th of July Weekend. Enjoy your friends and family) Sundays just got even better! We'll provide the boxing gloves as you punch, jab, kick your workout to the next level! This class mixes boxing and strength with kettlebells and dumbbells for changeup and challenging workout. Ages 15+.



## 2026 Pricing Unlimited Options:

**UNLIMITED May-August: \$240.00** (regular price: \$300)

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

Unlimited Packages Include Fitness Classes Only: Not Including workshops/fundraisers or Specialty Events.

*Absolutely no refunds or credits from session to session or into 2027.*

**Drops-Ins: \$10/class (Meaning you are NOT prepaid)**

\* Mailed Forms Should Be Mailed No Later Than 1 Week Before Your Start Date. Otherwise please email us so we can save your spot! Some classes will sell out.

| ONE CLASS ONLY<br>Specific Class Name/Day of Week   |               |                                |        |
|---|---------------|--------------------------------|--------|
|   | # of classes: | X \$6                          | \$     |
| TWO CLASSES ONLY<br>Specific Class Name/Day of Week   |               |                                | Total: |
|   | # of classes: | X \$5                          |        |
|   | # of classes: | X \$5                          |        |
|   |               | Total:                         | \$     |
| THREE CLASSES ONLY<br>Specific Class Name/Days of week<br>(After 3 a week all classes are \$4 each) |               |                                | Total: |
|   | # of classes: | X \$4                          |        |
|   | # of classes: | X \$4                          |        |
|   | # of classes: | X \$4                          |        |
|   | # of classes: | X \$4                          |        |
|   | # of classes: | X \$4                          |        |
|   |               | Total:                         | \$     |
| Workshop Name:  | Cost:         | (Add to above for grand total) | \$     |
|   |               | TOTAL                          | \$     |

## Pre-Registration/Payment Required

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

Email Questions or to Save a Spot: **mhoodley@nchsi.org**

**Checks Payable To: The Wellness Center**

The studio is not able to accommodate drop-in consultations or unscheduled visits.

Please use the above contacts for registration and information needs.

One-on-one consultations start at \$50/session and must be pre-scheduled.

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

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

*I understand there is a scent-free policy and will come scent-free to class. I agree to hand carry clean/dry indoor shoes. I will sign-in for each class. I understand that if there is a class before mine, I will not be permitted to enter until 10 minutes before class. I understand I will be exercising at my own risk. If I have had a recent health event, surgery or there are concerns about my ability to participate freely, I may be asked to provide a doctor's note and will abide:*

**YES (please circle)**

*The Wellness Center Is A Fully Air-Conditioned Facility,  
Please Plan Accordingly.*