

The Wellness Center

The meeting place for fun, health and fitness

1734 Crawford Farm Road, Newport Vermont | (802)334-5566

www.northcountryhospital.org/wellnesscenter

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The Wellness Center WINTER Schedule 2026

Celebrating 44 Years of Fun, Health & Fitness!

Pre-Registration Required

JANUARY- APRIL 2026 * Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 am Tonetastic with Mary			7:15 am Cardio (Spin) and Core
9:30 am Boxing and Bells with Mitchael	9:30 am Gentle Yoga with Jana	9:00 am Yoga with Carolyn	9:30 am Gentle Yoga with Jana	9:00 am Yoga with Judy	9:30 Yin Yoga Share: Annie/Faye & Sally	8:30 am Drums Alive® with Helena, Hope, and Mary
	10:45 am Limber Up	10:15 am Timed Fit with Mary	10:45 am Limber Up	10:15 am Timed Fit with Mary	10:45 am Limber Up	Various Workshops and Events!
		11:15 am Zumba® Gold with Sally		11:15 am Zumba® Gold with Sally		April 25th Babysitting Course - MUST REGISTER!
		Noon Social Circuit with Sally		Noon Social Circuit		
				1:15pm 3rd Thursdays Well Reads Book Club		
		4:15 pm Yogalates with Mary	4:15 pm Cardio (Spin) & Core with Lauren	4:15 pm Revive, Restore and Rest with Mary		
	5:15 pm Tonetastic PM with Mary	5:15 pm Zumba® with Mary	5:15pm Pilates with Ellen	5:15 pm Zumba® with Mary		
	6:15 pm All Star Workout with Mary		6:15 Feb 25th ONLY - Chai Tea & Tai Chi Celebration	6:15 HIIT FIT with Mary		
Troy Parish Hall, 130 S Pleasant St, Troy		4:15 pm Zumba® Gold 5:15 pm Tai Chi Easy		4:15 pm Zumba® Gold 5:15 pm Yoga		
NC Primary Care Barton-Orleans 488 Elm Street, Barton	5:30 pm ALAB (All Levels, All Bodies) Circuit Training		5:30 pm Yoga with Sarah			
Classes are as priced in our online brochure. Drop-ins: \$10/class Monthly Unlimited Membership: \$80.00/ month Discounted Winter Unlimited Membership, January– April: \$285.00 (reg. \$320) *** There will be no credits or refunds for any payments, regardless of circumstances, for the month/session paid ending 12/31/2026.***						

MONDAY

Gentle Yoga Monday \$90 with Jana Parker
Mondays/Wednesdays 9:30 am January 5-April 13
15 Classes (30 with Wednesdays \$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, blanket & pillow.

Monday Limber Up \$90 with Lynn Flint
Mon/Weds/Fridays 10:45 am January 5-April 13
15 Classes (45 with Weds & Friday \$180)
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 \$90 with Mary Hoadley
Mondays 5:15pm January 5-April 13
15 Classes
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, its fantastic, it's TONETASTIC. Ages 15+.

All Star Workout \$90 with Mary Hoadley
Mondays 6: 15 pm January 5-April 13
15 Classes
ALWAYS different and ALWAYS fun! Mixing cardio kickboxing, strength training, Pilates and flexibility work into a perfect workout each class. His total body workout requires ability to get up and down off the ground freely. Ages 15+

ALAB Circuits (BARTON) \$90 (All Levels, All Bodies) with Sarah Corrow
Mondays, 5:30 pm Primary Care– BARTON
January 5-April 13
15 Classes (30 with Wednesdays \$150)
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 off the ground. Please bring a mat.

TUESDAYS

Tuesday Yoga AM \$90
with Carolyn Hannan
Tuesday/Thursday 9:00 am
January 6-April 14
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 breathe. Please bring your mat if you have one.

TUESDAY Timed Fit \$90
with Mary Hoadley
Tuesdays /Thursdays 10:15 am
January 6-April 14
15 Classes
(30 with Thursdays \$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.
Not a “senior” fitness class.

TUESDAY Zumba® Gold \$84
with Sally Rivard
Tuesdays 11:15 am
January 6-April 14
14 Classes
(28 with Thursdays \$140)
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FOCUSED –All Ages Friendly!
No class March 2- 6 with Sally.

Social Circuit \$84
with Sally Rivard
Tuesdays. NOON
January 6-April 14
14 Classes
(28 with Thursdays \$140)
Some come for the socializing, some come for the circuit! This community building class mixes time for getting to chit-chat and build strength, stamina and flexibility. Leave feeling stronger in mind, body and friendships!
No class March 2- 6 with Sally.

Yogalaties \$90
with Mary Hoadley
Tuesdays 4:15 pm
January 6-April 14
15 Classes
(30 with Thursdays\$150)
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.

Zumba® Tuesdays \$90
With Mary Hoadley
Tuesdays/Thursdays 5:15 pm
January 6-April 14
15 Classes
(30 with Thursdays\$150)
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 Valentine’s Day and St. Patrick’s Day with specialty playlists, choreography and giveaways!

TROY TUESDAY Zumba® Gold \$84
with Sally Rivard
Tuesdays /Thursdays 4:15 pm
January 6-April 14
14 Classes
(28 with Thursdays \$140)
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR Focused but all ages friendly! No class March 2- 6 with Sally.

TROY Parish Hall Tai Chi Easy \$84



with Sally Rivard
Tuesdays 5:15pm
January 6-April 14
15 Classes
(28 with Thursdays \$140)
Restore your mind and body from the day’s activities. No sweat required! (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. No class March 2- 6 with Sally.

WEDNESDAY

ToneTastic AM \$90
with Mary Hoadley
Wednesdays 8:30 am
January 7-April 15
15 Classes
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, its fantastic, it’s TONETASTIC

Gentle Yoga Wednesday \$90
with Jana Parker
Mondays/Wednesdays 9:30 am
January 7-April 15
15 Classes (30 With Mondays \$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, blanket & pillow.

Wednesday Limber Up
with Lynn Flint
Mon/Weds/Fridays 10:45 am
January 7-April 15
15 Classes (43 with Monday & Friday \$180)
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

Cardio (SPIN®) and Core \$90
with Lauren Gillespie
Wednesdays 4:15pm
January 7-April 15
15 Classes (30 Classes with Saturday \$150)
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 5:15pm
January 7-April 15
15 Classes
Pilates is back and so is Ellen! Come strengthening 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. Welcome back Ellen!

BARTON Yoga with Sarah \$90
with Sarah Corrow
Wednesdays 5:30 pm
Primary Care—BARTON
January 7-April 15
15 Classes (30 with Mondays \$150)
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. Enter from down stairs of Primary Care-Barton.

THURSDAYS

Thursday Yoga AM \$90 With Judy S.
Thursdays/Tuesdays 9:00 am January 8-April 16
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 January 8-April 16
15 Classes (30 with Tuesdays \$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. Not a senior fitness designed class.

THURSDAY Zumba® Gold \$84 with Sally Rivard
Thursdays/Tuesdays 11:15 am January 8-April 16
14 Classes (28 with Tuesdays \$140)
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY!
No class March 2- 6 with Sally.

Soft Steps & Stretch \$84 with Sally Rivard
Thursdays NOON January 8-April 16
14 Classes (28 with Tuesdays \$140)
Mixing the gentle movements and stretches found in the practices of yoga, tai chi and Qi Gong to bring balance and restoration to your mind and body. Ending each class with a mindfulness practice. No sweat required. Chair options offered in each class. (Come in work clothes if you need to) and definitely NO STRESS when you leave! No class March 2- 6 with Sally.

NEW -Revive, Restore & Rest \$90 with Mary Hoadley
Thursdays 4:15 pm January 8-April 16
15 Classes (30 with Tuesdays \$150)
This is what your Thursday ordered! Starting with gentle movement, followed by a deep stretch/restorative postures and ending with an elongated “rest,” also know as Yoga Nidira. Yoga Nidra, also known as “sleep yoga or yogic sleep” is a guided meditation for effortless relaxation. Each session offers the clinical benefits of 2 hours sleep.

Zumba® Thursday \$90 With Mary Hoadley
Tuesdays/Thursdays 5:15 pm January 8-April 16
15 Classes (30 with Tuesdays \$150)
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 Valentine’s Day and St. Patrick’s Day with specialty playlists, choreography and giveaways!

TROY Parish Hall Yoga \$84 with Sally Rivard
Thursdays 5:15pm TROY Parish Hall January 8-April 16
14 Classes (28 with Tuesdays \$140)
Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga. No class March 2- 6 with Sally.

Thursdays, 6:15 pm January 8-February 26
8 Classes
H.I.I.T.: High Intensity Interval Training for those looking to take their fitness to the next level. This class is for those 15+ and must have the ability to get up and down off the ground freely without limitation. This class will use bodyweight exercises, kettlebells, plyometrics, TRX trainers, Boxing Intervals, Battle Ropes and other challenging methods. Must be able to move freely and use entire body each week.

FRIDAYS

Yin Yoga Share with Annie Christoni, Sally Rivard & Faye Tolar
Fridays, 9:30 am January 9-April 17
15 Classes
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. Instructors will rotate weekly.

T.G.I.F. Limber Up \$90 with Lynn Flint
Mon/Weds/Fridays 10:45 am January 9-April 17
15 Classes (45 with Monday & Wednesday \$180)
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

SATURDAYS

Saturday Cardio (SPIN®) and Core Share \$90 with Rita Gage & Lauren Gillespie
Saturdays, 7:15 am January 10-April 18
15 Classes (30 Classes with Wednesday \$150)
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. Ages 15+. Instructors will rotate weeks.

Drums Alive® \$84 with Hope Guisinger, Mary Hoadley, & Helena Vachon
Saturdays, 8:30 am January 10-April 18
15 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.

SUNDAYS

Boxing and Bells \$90 High Intensity Interval Training with Mitchael Budziak
Sundays, 9:30 am January 11 – April 19
15 Classes
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+.



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Well Reads Book Club

This isn't your average book club!
Each meeting will start with a grounding practice related to our monthly read and welcome a time a for journaling and reflection.
Well Reads Balanced Book Club is an invitation to go deeper than just the pages!
Journals are provided!

\$30
Thursdays at 1:15pm

Book 1 Meeting: January 29
Book One: Burnout: The Secret to Unlocking the Stress Cycle by Amelia Nagoski

Book 2 Meeting: February 26
Book 3 Meeting: March 26
PREREGISTRATION REQUIRED.



BABYSITTING COURSE



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.



5th Annual Egg Hunt

\$5/child
Saturday, April 11th 10 am
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 day of. Registrations due by 4/1/2026.
Payments mailed to: The Wellness Center, 189 Prouty Drive, Newport, VT 05855 please include your contact information should we need to contact you. **RAIN/SNOW/SHINE**