

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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AUTUMN 2024 Schedule

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Full class schedule at www.northcountryhospital.org/wellnesscenter

The Wellness Center AUTUMN Schedule 2024

Celebrating 42 Years of Fun, Health & Fitness!

Pre-Registration Required

SEPTEMBER - DECEMBER 2024 * Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Ride and Shine Spin®			8:30 am Tonetastic with Mary			7:15 am Cardio (Spin®) and Core
9:30 am Boxing and Bells with Mitch	9:30 am Gentle Yoga	9:00 am Yoga with Carolyn	9:30 am Gentle Yoga	9:00 am Yoga with Carolyn	9:15 am Yin Yoga with Faye	8:30 am Drums Alive® with Helena, Hope & Mary
	10:45 am Limber Up with Lynn	10:15 am Timed Fit with Mary	10:45 am Limber Up with Lynn	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		
		Noon Tai Chi Easy with Sally		Noon Chair Yoga with Sally		
	4:15 pm Feel The Beat with Krista 9/9-11/18	4:15 pm Yogalaties with Mary	4:15 pm Cardio (Spin®) & Core with Lauren	4:15 pm Revive, Restore & Rest with Mary		
	4:15 Spin® with Carol 11/25-12/16					
	5:15 pm Tonetastic with Mary	5:15 pm Zumba® with Mary	5:15 pm Yoga with Ashley	5:15 pm Zumba® with Mary		
	6:15 All Star Workout with Mary	6:15 pm Spin® with Rita	6:15pm T.B.C. with Michael	6:15 Boxing with Mary start Oct 24	6:15pm T.B.C. with Michael	
Troy Parish Hall 130 S Pleasant St, Troy, VT 05859		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, VT 05822	5:30 pm ALAB (All Levels, All Bodies) Circuit Training		5:30 pm Yoga with Sarah			



*** PRICING ***

Classes are AS PRICED in brochure Drop-Ins: \$10/class

MONTHLY UNLIMITED MEMBERSHIP: \$80.00/month

DISCOUNTED AUTUMN UNLIMITED MEMBERSHIP September - December: \$285.00 REG. \$320

*** There will be no credits/refunds for any payments regardless of circumstances for month/session paid ending 12/31/2024 ***

MONDAY

Gentle Yoga Monday with Jana Parker

Mondays/Wednesdays 9:30 am

September 4-December 11

14 Classes (29 with Wednesdays)

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 with Lynn Flint

Mon/Weds/Fridays 10:45 am

September 9-December 13

13 Classes (37 with Weds & Fridays)

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 11/4.

Road Ready Spin® Workshop with Carol Trembley

Mondays, 4:15pm

November 25-December 16

4 Week Workshop \$24

A 4-week Spin® workshop for riders getting ready for the road or just missing the road in the winter months. Simulated rides to prepare you for some of the most popular NEK routes. Be sure to PREREGISTER, we need at least 6 riders to make this workshop RIDE!

NEW Feel The Beat! with Krista Barry

Mondays, 4:15pm

September 9-November 18

11 Classes

Have you ever wished you were more “dance floor ready,” at weddings, celebrations, bars or just dancing around at home? Social dancing can be one of the life’s great joys, but can also cause anxiety and keep you from fully enjoying experiences. Come practice “feeling the beat,” as you explore different rhythms and styles, designed to build your confidence, whether you are hitting the dance floor or just dancing in the mirror!

ToneTastic Mondays with Mary Hoadley

Mondays 5:15pm

September 9-December 9

13 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+ No class 10/7.

All Star Workout with Mary Hoadley

Mondays 6: 15 pm

September 9-December 9

13 Classes

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+ No class 10/7.

ALAB Circuits (BARTON) (All Levels, All Bodies)

with Sarah Corrow

Mondays, 5:30 pm

September 9-December 9

NC Primary Care—Barton

14 Classes

This circuit training class is for all levels and all bodies! 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.

TUESDAYS

Tuesday Yoga with Carolyn Hannan

Tuesday/Thursday 9:00 am

September 3-December 12

15 Classes (29 with Thursday)

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 with Mary Hoadley

Tuesdays /Thursdays 10:15 am

September 3-December 12

15 Classes (28 with Thursdays)

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. Not a senior fitness class. No Class 10/10.

TUESDAY Zumba® Gold with Sally Rivard

Tuesdays 11:15 am

September 3-October 17

7 Classes (14 Classes with Thursdays)

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!

Tai Chi Easy with Sally Rivard

Tuesday NOON

September 3-October 15

7 Classes

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. With Thursday’s Chair Yoga \$70 for 7 weeks. already innately know: time spent immersed in nature is good for us.

Yogalities with Mary Hoadley

Tuesdays 4:15 pm

September 3-December 10

14 Classes (23 With Thursdays)

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 mantra card. No class 10/8.

Zumba® Tuesdays with Mary Hoadley

Tuesdays/Thursdays 5:15 pm

September 3-December 12

13 Classes (23 with Thursdays)

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. We celebrate all the holidays this session including Halloween, Thanksgiving, and more! No class 10/8.

Spin® with Rita Gage

Tuesdays, 6:15 pm

September 3-December 15

15 Classes (29 with Sundays)

Join us for a musical genre adventure on the Spin® bikes with licensed Rockstar Spin® instructor Rita, for a great ride every time! Please come 10 minutes early to set up your bike. Ages 15+

TROY TUESDAY Zumba® Gold with Sally Rivard

Tuesdays /Thursdays 4:15 pm

September 3-October 15

4 Classes (8 with Thursdays)

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!

TROY Parish Hall Tai Chi Easy with Sally Rivard

Tuesdays. 5:15pm

September 3-October 15

7 Classes

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. With Thursday’s Yoga 14 class for \$70

WEDNESDAY

ToneTastic AM with Mary Hoadley

Wednesdays 8:30 am

September 4-December 11

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 with Jana Parker

Mondays/Wednesdays 9:30 am

September 4-December 11

15 Classes (29 With Mondays)

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

September 9-December 13

13 Classes (37 with Monday & Friday)

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 11/6

Cardio (SPIN®) and Core with Lauren Gillespie

Wednesdays 4:15pm

September 3-December 18

15 Classes (30 with Saturdays)

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+ No class 11/27

Yoga with Ashley Reindeau

Wednesdays, 5:15pm

September 4-December 11

14 Classes

The midweek pick-me-up we all need! This yoga class that will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. A yoga class for all bodies and all levels. No class 11/27

Total Body Conditioning (TBC)

with Mitchael Budziak

Wednesdays, 6:15pm

September 4– December 13

14 Classes (28 with Fridays)

This class takes functional fitness to the next level with its overall body conditioning workouts. Join us to increase your strength, stamina and to accomplish your goals. Ages 15+. No class 11/27

BARTON Yoga with Sarah Corrow

Wednesdays 5:30 pm

September 4-December 11

14 Classes

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 No class 11/27

THURSDAYS

Thursday Yoga with Carolyn Hannan

Thursdays/Tuesdays 9:00 am

September 4– December 12

14 Classes (29 with Tuesdays)

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. No class 11/28

THURSDAY Timed Fit with Mary Hoadley

Thursdays 10:15 am

September 4-December 12

12 Classes (27 Classes with Tuesdays)

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. No class 10/10 or 11/28.

THURSDAY Zumba® Gold with Sally Rivard

Thursdays/Tuesdays 11:15 am

September 3-October 15

7 Classes (14 with Tuesdays)

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

Chair Yoga with Sally Rivard

Thursdays NOON

September 3-October 15

7 Classes

A gentle class using a chair for both seated & standing poses for improved strength, flexibility, concentration, increased circulation and feelings of well-being, as well as decreases in blood pressure, anxiety, inflammation, and chronic pain. Welcoming to all fitness levels, from active seniors to those recovering from an injury. SENIOR FRIENDLY! Add Tuesdays Tai Chi Easy for the best results!

NEW -Revive, Restore & Rest with Mary Hoadley

Thursdays 4:15 pm

September 5– December 12

13 Classes

This newer class is just what your Thursday ordered! Starting with gentle movement, followed by a deep stretch/restorative postures and ending with an elongated “rest,” also known as Yoga Nidra. 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. No Class 10/10 or 11/28.

Zumba® Thursday with Mary Hoadley

Tuesdays/Thursdays 5:15 pm

September 3-December 12

13 Classes (27 with Tuesdays)

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. We celebrate all the holidays this session including Halloween, Thanksgiving, and more! No class 10/10 or 11/28.

TROY Parish Hall TUESDAY Zumba® Gold with Sally Rivard

Tuesdays 4:15 pm

September 3-October 15

7 Classes (14 with Tuesdays)

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

TROY Parish Hall Yoga with Sally Rivard

Thursdays 5:15pm

September 3-October 15

7 Classes (14 with Tuesdays)

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

Boxing Bootcamp with Mary Hoadley

Thursdays, 6:15 pm

October 24-December 12

7 Weeks

In this high intensity class, each participant will have their own bag & gloves to train just like a boxer would! Be prepared to get our of your comfort zone and to increase your stamina! Class size is small due to spacing and bags -Register NOW! Ages 18+ No drop-ins will be permitted. No class 11/28.

FRIDAYS

YinYoga with Faye Tolar

Fridays, 9:15 am

September 13-December 13

13 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. No class 11/29

T.G.I.F. Limber Up with Lynn Flint

Mon/Weds/Fridays 10:45 am

September 9-December 13

11 Classes (37 with Monday & Friday)

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 11/1, 11/8 or 11/29.

TGIF TBC (Total Body Conditioning)

with Mitchael Budziak

Fridays, 6:15pm

September 6– December 13

14 Classes (28 with Wednesdays)

Fridays are for functional fitness! Everyone needs overall body conditioning and that’s exactly what this class does! Come get in that last workout before the weekend. Ages 15+. No class 11/29

SATURDAYS

Saturday Cardio (SPIN®) and Core

with Lauren Gillespie

Saturdays, 7:15 am

September 7-December 21

15 Classes (30 with Wednesdays)

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+. No class 11/30

Drums Alive® with Hope Guisinger,

Helena Vachon & Mary Hoadley

Saturdays, 8:30 am

September 7-December 14

14 Classes

The best reason to work out on the weekend is BACK! 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 11/30

SUNDAYS

Ride and Shine Spin® with Rita Gage

Sundays, 8:30 am

September 8– December 15

14 Classes (25 with Tuesdays)

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. Ages 15+ only! No class 12/1.

Boxing and Bells - High Intensity Interval Training with Mitchael Budziak

Sundays, 9:30 am

September 8-December 15

14 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 kettle-bells and dumbbells for changeup and a challenging workout. Ages 15+. No class 12/1.