

Club News — 2017



Downstairs Weight Room & Track

Member Success

Gordon Dritschilo— “You Can Change Your Habits”



It was Rocky Balboa who triggered Gordon to get in shape. The famous speech where he says, “It ain’t about how hard you can hit. It’s about how hard you can get hit and keep moving forward.” He was going through a divorce, he found a notebook where his soon-to-be ex-wife had called him a big fat slob, and his feelings about himself, as you might imagine, were low, low, low.

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Chrissy Condon And the Mid-Day Exercise Club

Everyone starts out slowly in the Mid-Day Club, whether they want to or not. Chrissy makes sure of that. Developed by Dr. Frank Dorsky, the club is now her baby. She’s there every Mon-



New Owners at Vermont Sport & Fitness! Club to change hands on January 1st

In a deal that was first conceptualized in 2010, Dan and Leslie Doenges have arranged to purchase Vermont Sport & Fitness Club from current owners, Frank and Jeanne Dorsky. The deal is expected to be finalized on January 1st, 2017. Mr. Doenges has been a key part of

the VS&F staff since 2009 and has played numerous roles. He is currently the club’s General Manager and also serves as Tennis Program manager and as a tennis teaching professional.

A Rutlander since age 4, Dan is a

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day, Wednesday and Friday between 1 and 3 pm to guide the club participants. She loves it, having such a large group to boss around. She loves it, too, the benefits that participants reap. And she loves that they love her all the more for her no-nonsense unflappable approach.

Designed for older participants, people with physical challenges and

those seeking moderate exercise, the Mid-Day Club does not appear sedate. It buzzes with its own energy as members blend activity with social interaction. Participants are confident and they can be feisty. They probably learned that, too, from Chrissy.

Why does she require everyone to

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The Science of Fitness

Build Muscle to Improve Health

Here's what happens: Bone density improves. Resting metabolism increases—you burn more calories. Body fat goes down. Type 2 diabetes risk goes down. Abdominal fat decreases. Blood pressure goes down. Blood lipids lower. Physical function improves. Cognitive function improves. The aging process slows. You like yourself better (yes, science says that, too).

So...we believe everyone should strength train and we have lots of ways to do it. Our goal is to have something that's just right for everyone. We are not one-size-fits-all.

For group strength training we have five programs, a total of 14 individual classes each week. These activities, all free with membership, are highlighted in our class schedule on page 4.

We also have ActivTrax. ActivTrax is for individual exercisers wanting some structure and guidance. With ActivTrax you set your goals and preferences, we assess your baselines, and you get your day's workout plan every time you come in. Every workout is different so you avoid plateaus. ActivTrax is free with most memberships.

If you want to make your own de-



Chrissy Condon (third from left) with her Mid-Day crew.

isions about how to use our weight rooms, that's good, too. We do our best to create a great atmosphere with a variety of modern equipment for you to use. We have over 12,000 sq. ft. of space in four separate rooms with a comfortable space for everybody. We have two full, advanced strength circuits, state-of-the-art functional training equipment, kettlebells, lots of

We support you every step of the way—with ActivTrax, Limitless Guidance, and the Best of Group Activities.

free-weights and a separate area for CrossFit types of activities.

We invest heavily in strength training so our members can, too.

Chrissy Condon, cont. from pg. 1:

start slowly? Mainly because for most, the slower you start, the further you get and the faster you get there. And when you come to the Mid-Day Club you will see beginners, but plenty of folks, too, who have come a long, long way with their health, fitness and energy.

Gordon Dritschilo, cont. from pg. 1:

Gordon began moving forward, slowly at first, then with increasing purpose and discipline. He develops his own routines, learning online and by doing. He tries different things, cardio and weight lifting, at the club and outside. His latest is working on the heavy bag in our main weight room.

On the nutritional side, Gordon reduced his portions and increased his fruits and vegetables. His eating became more balanced and he now pays close attention to calories. Gordon's weight, once around 280, now stays in the 220s. "I want to be active," he says. "I want to move. I used to be such a couch potato. I could have spent a sunny day watching TV all day. No more."

Gordon's advice: "You *can* get there. You *can* change your habits... you *can* move forward."



Spartan Races take strength. Here is Chrissy Condon (front) with some of her VS&F teammates, including new owner Leslie Doenges (in the air), at a recent Spartan Race in Killington, VT.

Tennis/Fitness

Super Beginners at VS&F: Why they started, how they are doing...



Laura Pierce, project manager for medical records co. working at RRM. “I just returned to Rutland after 10 years away. I thought tennis would be a great way to be active and have a social component. We call Dan the matchmaker for getting us just the right partners.”



Steve Robson, human service administrator, retired. “To meet new people...and I was looking for a new life experience. I’m always looking for something new. The tennis has been beyond my expectations.”



Alis Headlam, Ed.D., educator, trainer of teachers, retired. “I loved the way the game looked... I trained teachers for a living. Dan and Rob are two of the best I’ve ever worked with. You come away from a lesson feeling good.”

Tennis Tip

When Your Game is Already Formed

If your game has stalled, a new improvement strategy could restart your engine. Here are a few ideas.

- If you are older you have probably lost strength and flexibility. Try strength training. Balanced muscles will help you avoid injury and strong legs and core muscles will help you start faster and move more quickly and with better balance. Or try yoga for flexibility and to improve your ability to quiet your mind.

- Hydrate better. Sixty-four ounces a day or more plus what you sweat off from exercise. Some studies show physical performance improving by up to 30% with good hydration.

- Learn more about court position and angles of movement. We can improve your game with a few lessons on these points. It’s just a matter of a step or two if taken at the proper angle.

Member Success

Lisa Franzoni— “I Wanted Something I Could Live With the Rest of My Life”

A nurse at RRM, Lisa is a Rutland native, married with a teenage daughter. Growing up she was not overweight but with pregnancy weight 16 years ago, smoking cessation 8 years later, and imperfect eating habits, her weight had snowballed alarmingly.

Uncomfortable, without energy and reluctant to go out, she had become a different person. A diagnosis of obstructive sleep apnea motivated her to



change. In less than two years Lisa is back. She looks great and is herself again.

How did she do it? When I spoke with her in September, Lisa said...“I wanted something I could live with the rest of my life. I wanted to keep it simple. Not count calories. I eat a big breakfast, try to eat healthy. And not too much carbs or sugar.”

Lisa does ActivTrax plus a half hour of cardio three days a week at VS&F. She also walks outside whenever she gets the chance. Above all, she is consistent with her new regime.

Tennis—It’s a lifestyle...

...and it just might be the ultimate interval training.



Call Dan or e-mail ddoenges@gmail.com today to schedule your introductory lesson.

**Voted Greater Rutland’s
Best Fitness Facility**
—19th Year Running—

Gift Cards Available

New Owners, cont. from pg. 1:

graduate of Assumption College where he majored in Marketing and Management while playing varsity tennis on Assumption's Division II nationally ranked tennis teams. He also played varsity soccer. Leslie, a Rutland native, attended The University of Vermont where she earned a Bachelor of Science Degree in Nutrition.

In 2009, after some time away, Dan and Leslie returned to Rutland to marry and raise a family. They wanted to

lead a Vermont life, close to family and friends. They were helped to this decision by seeing other young professionals coming back to Rutland. They believed they could find success here and make a difference in the community.

In talking about their decision to buy, Dan explained that "...the club is something special to the Rutland area and more specifically to me and my family. Frank and Jeanne started with an empty building and a goal, and in the last 23 years have created one of the best clubs in Northern New England. VS&F is filled with an amazing community of people and is something that we are proud to be a part of and excited to take to the next level.

"Our guiding principles will remain," Doenges added. "Honesty, consistency and professionalism. These principles have served Vermont Sport & Fitness well and will guide our transformation into the future."



No Long-Term Commitment

MEMBERSHIPS

\$69* a month with **ZERO** initiation

OR **\$59*** a month with a **\$70** initiation

Special rates for families and qualified students.

* Maximum commitment two months plus prorated first month, easy cancellation, no fees.

Mid-Day Exercise Club

Moderate guided exercise for people with health or strength challenges.

Mon, Wed, Fri 1-3
\$42 a Month

All Classes Included with Membership

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		SPINNING Lindsey *		SPINNING Lindsey *		SPINNING (8:15 a.m.) Jen *
9:15 a.m.	GROUP CORE 30 min. Cara *	SPINNING Cara *	GROUP CORE 30 min. Cara *	SPINNING Cara *	ZUMBA FITNESS Peg	GROUP ACTIVE Sandy
10:15 a.m.	CARDIO SPORT (10 a.m.) Cara	Flow Yoga Jody	Gentle Pilates Chrissy	CARDIO SPORT (10 a.m.) Cara	Integrative Yoga Stephanie	
11:15 a.m.		Strength Training 101 Melissa		Strength Training 101 Melissa		
4:15 p.m.	GROUP ACTIVE Sandy	ZUMBA FITNESS Peg	ZUMBA GOLD Peg	Pilates Chrissy		
5:30 p.m.	Gentle Yoga (5:15 p.m.) Stephanie	SPINNING Melissa *	GROUP POWER Samantha	SPINNING Melissa *	GROUP POWER Samantha	CARDIO SPORT Chrissy
6:30 p.m.	Karate Jim	CARDIO SPORT Samantha			Karate Jim	

Schedules subject to change.
Please sign up for starred (*) classes in advance.
Non-members: \$14 guest fee.

Go to vsandf.com for class descriptions and current schedule.