

Club News



Bill Pratt and Art Wolk in 1937

Lifelong Friends

Share Member

Spotlight

With their friendship in its 68th year, Doctors Bill Pratt and Art Wolk sat together in our lobby on a recent Friday morning. They talked about their friendship and the changing role of sport and fitness in their lives. They talked about each other more than about themselves, without teasing and with much mutual respect.

Bill and Art met in the eighth grade and played tennis together for the next 65 years. They stopped playing only three years ago at age 79. As a senior in high school Bill won an individual state championship and as doubles partners they were state finalists. They also played together on the University of Vermont Tennis team.

After college and medical school these two great friends returned to

Rutland where Art became the city's first full-time pediatrician and Bill the first specialist in internal medicine. During their long professional careers, recreation took a back seat to family and to working 70 hours a week. As Art said, "We worked our butt's off!"

Art and Bill started structured exercise five years ago when tennis became more difficult and they were feeling a loss of strength and energy. The exercise has made a big difference and VS&F has become an important part of their weekly routine.

Since these two respected professionals have been advising Rutlanders for almost 50 years, I asked what exercise advice they might want to offer. "The old platitude," said Art, "regular exercise and diet. It's not that complicated." "Just stay active," Bill added. "The usual stuff. The thing is, you have to do it."

As we were finishing our interview, Melissa Godfrey-Crossman, our fitness director stopped to say hello to Art and Bill. "Look!" she said. "My favorite people." Club member, Sandy Cohen, also stopping to say hello, added, "Everybody's favorite people!" Thanks, Art and Bill, for being such a wonderful part of Rutland's history and a part of VS&F, too.

US Senate Bill Hopes to Reduce Obesity

With the backing of health and fitness groups including the American Heart Association, three US Senators have introduced a bill designed to reduce the nation's waistline.

Senators Bill Frist, R-Tenn., Jeff Bingaman, D-N.M., and Christopher Dodd, D-Conn. introduced the "Improved Nutrition and Physical Activity Act," with goals of fostering better information, improved nutrition and greater opportunities for physical activity.

Calling obesity the second most preventable cause of death after tobacco use, the bill authorizes \$250 million to combat what has been called a "national epidemic," contributing to more than 300,000 deaths a year.

At VS&F, we are glad to see this call for better education about the critical importance of regular exercise, but the government can only do so much. As adults we are responsible for our own healthy lifestyles and for fostering good nutrition and healthy exercise in our children. So let's get going ... toward more energy, better health and a better quality of life!



VERMONT
Sport & Fitness
Club

Body-Mind Classroom Triples in Size, New Programs Set to Begin

Today's fitness can encompass a wide range of goals – physical, mental, emotional and even spiritual – it is about feeling good inside and out. With this in mind VS&F is offering an expanded array of BodyMind programs in newly renovated, enlarged quarters, including Yoga, Tai Chi, Qigong, Nia, Pilates,



Nia instructor, Catherine Salmons

Ohashiatsu, Relaxation and Imagery Training, and FIT, a fitness incentive program designed to achieve specific fitness objectives. Call (802) 775-9916 or stop at the VS&F front desk for information about schedules, costs and detailed program descriptions.

Children's Fitness Classes Start

October 15

Fitness Professional Andrea Glasier introduces an exciting new program for children age 10 – 13. Classes are held on Tuesdays and Thursdays from 3:30 – 4:30 pm and offer varied activities designed for fun, strength development, weight management and sports readiness development. The cost is \$4 a class for club junior members or \$7 for non-members.

Junior Memberships Now Available For 10 – 15 Year Olds

As part of our focus on fitness for families, VS&F is offering low-cost memberships for young children. With child obesity on the rise, school exercise programs facing cutbacks, and television and computer games occupying more of children's time, it seems like the perfect time for this new offering.

Junior members will be able to use the club at any time with parental supervision and, for 14 and 15 year olds, on their own, with parental and club written permission. Junior members will also have reduced costs for all VS&F junior programs including Vermont Five Star Tennis Camp, personal training, and lessons. Call or stop at the VS&F front desk for more information and for junior membership costs.

Body-Mind Class Descriptions

Gentle Kripalu Yoga

Gentle movements, stretches and breathing techniques to help you de-stress; just right for any fitness level including those with limited abilities. Tuesdays at 5:30 p.m.
Saturdays at 9:00 a.m.

Power Yoga

Perfect for every fitness level including beginners, this vigorous class incorporates aerobic, strength and balance training followed by deep relaxation for mind and body. Mondays at 5:30 p.m.
Tuesdays and Thursdays at 9:15 a.m.

Ohashiatsu

Combining healing touch with a profound energy balancing experience, this unique form of bodywork relieves symptoms of stress and helps connect body, mind and spirit. Not yet scheduled.

Tai-Chi

A Chinese martial and healing art practiced in a series of slow-paced, relaxed postures. Tai-Chi has been shown to have numerous health and fitness benefits. Beginners are welcome.

Thursdays at 11:00 a.m.
and 5:30 p.m.

Qigong

One of the most powerful self-healing traditions ever developed, Qigong can be vigorous or meditative. It utilizes the breath, mind and body movement to cultivate and refine vitality.

Mondays at 9:15 a.m. and 4:30 p.m.
Fridays at 5:30 p.m.

Nia

Combining dance, martial arts and yoga, and set to world-beat music, the founding principle of this high energy class is "joy of movement." Tuesdays at 11:00 a.m.
Wednesdays at 5:30 p.m.

FIT - Fitness Incentive Training

See page 3 for description.

Strength Development

Tuesdays at 4:30 p.m.

Cardio Development

Thursdays at 4:30 p.m.

Pilates

For rock-hard abs and longer, leaner body lines, Pilates is terrific for core strength, balance and strength without bulk.

Wednesdays at 9:15 a.m.

(802) 775-9916

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		*Spinning 6:15-7:00			*Spinning 6:15-7:00		
7:00							
8:00						*Spinning 8:15-9:00	
9:15							
9:30				Core with Flexibility			
9:45	*Body Pump	*Spinning	*Body Pump			*Body Pump	
10:00				Interval Training			
10:15					*Spinning		
10:30							
10:45							
11:00	Strength Training		Strength Training		Strength Training		
11:15							
11:30							
11:45							
12:00							
12:15	*Spinning		*Spinning				
12:30							
12:45							
1:00							
4:00							
4:15							
4:30	Strength Training		Strength Training		Strength Training		
4:45							
5:00							
5:15							
5:30							
5:45	Kick Boxing	*Body Pump	Step Aerobics	*Body Pump	*Spinning		
6:00							
6:15							
6:30							
6:45	*Spinning		Kick Boxing				
7:00							
7:15							
7:30							
7:45							
8:00							
8:30							

FREE Fitness Orientation
*Recommended for New Members
 All Members are Welcome*

- Cybex Equipment
- Cardio Training
- Principles & Strategies
- Nutrition

Please stop at Front Desk for times and registration.

Please sign up for starred () classes in advance.*

Fitness Incentive Training (FIT) Pays Members For Reaching Goals

How about if we pay *you* to improve your cardiovascular fitness or muscular strength? VS&F is offering two separate programs which provide a pre-test, a 10-week plan, 10 sessions of supervision, a post-test to measure your results, and cash back for your attendance. The programs, called Fitness Incentive Training, or FIT, focus on either heart-health or specific areas of strength development. The cost of each program is \$79 for club members (\$239 for non-members) but we pay you \$1 for each session you attend and \$20 more if you meet your attendance goals.

Want to Avoid a Winter Cold? Exercise Helps, Study Says

Lead author, Dr. Charles Matthews, and his colleagues interviewed 547 healthy adults regularly for one year and found, as reported in the August issue of *Medicine & Science in Sports & Exercise*, that people who were the most active had 25% fewer colds than those who were the least active. Moderate levels of activity have been hypothesized to be associated with enhanced immune function and Dr. Matthews' data is consistent with this hypothesis."

(802) 775-9916

Pure Spa
Facials
Wraps
Full Body Treatments
Nails
Waxing

By appointment only at Vermont Sport & Fitness

Fall & Winter Memberships

Celebrating our 10th Anniversary!

NO INITIATION

plus **\$55*** a month

OR

\$69 initiation plus
\$45* a month

NO Annual Commitment!

*prorated first month, last month, tax,
and \$4 registration due on joining



Come see all that is new!
40 Curtis Avenue, Rutland 775-9916

GRAND OPENING

Body-Mind Program

at ...



Thursday, October 10

Call 775-9916 to register

Club Member Melissa Felkl is Mrs. Vermont

"Never give up on your life and your dreams ... when you are married and have family goals it doesn't mean you can't have personal goals, too."

These were the words of Melissa Felkl as she prepared for the 2002 Mrs. America Pageant to be held in Hawaii this September.

Melissa, age 31, is a wife, a mother, and a full-time paralegal. She also works part-time as a model and a teacher of modeling. She has been a member of VS&F since March 2001, and began to prepare for the Mrs. America Pageant several months later. She exercises at VS&F two to three times a week, usually hurrying in and out during her lunch hour.



Melissa competed once in the Miss Vermont Teen Pageant and once for Miss Vermont. "Looking back," she said, "I didn't feel beautiful enough ... now I've grown so much inside, I want to try again."

Good luck, Melissa!

Tennis Dates to Remember

Adult Beginner Program

Fridays, 4:00 - 5:00 p.m.

September 27 - November 1

or

February 14 - March 21, 2003

\$45 prepaid / \$50 at door

Junior Tennis for 5-15 year-olds

Fridays, 4:00 - 5:00 p.m.

November 8 - December 13

or

January 3 - February 7, 2003

\$45 prepaid / \$50 at door

League and Season Contracts

Call (802) 775-9916 for
schedules and availability.

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