

# Club News



The Affiliates in Dental Care at their office on Washington Street in Rutland

## Affiliates in Dental Care are Corporate Members in Spotlight

Drs. Bernard Buteau and Lyman Johnson purchased VS&F's first corporate membership in 1994 when they enrolled all of their staff in a special program designed for groups of 10 or more. "I always believed in a person being in the best health they could," said Dr. Buteau recently. "I wanted a membership for myself and my wife, Pat (also an employee), and I thought it would make us a better dental practice. I haven't been disappointed."

When Dr. Johnson retired in 2000, Dr. Joyce Hottenstein joined the practice, bringing her own strong commitment to fitness. "We have a very healthy staff," said Dr. Hottenstein. "Prospective employees are surprised and grateful for our fitness program."

"VS&F is a topic of conversation in the office," said Pat Buteau. "Employees motivate each other to go, and spending time together away from the office builds morale."

The Affiliates in Dental Care staff have used every part of VS&F at one time or another. They've even used it to help with an office weight-loss contest. Having so much variety has helped employees to find activities that work for them even with their demanding and changing schedules.

Thanks to Affiliates in Dental Care for serving as our members in the spotlight and for being an important part of VS&F.

To learn more about the VS&F corporate membership programs contact Frank Dorsky, Ph.D. or Elissa Dorsky at (802) 775-9916.

## www.VSandF.com is Under Construction

Check out our new website. Our goals are to provide useful information for club members and those interested in learning about VS&F. Thanks to club member, John McHardy for leading the site's development.



VERMONT  
**Sport & Fitness**  
*Club*

40 Curtis Avenue / Rutland, Vermont 05701 / 802-775-9916

## Here's How to Get Involved in Indoor Tennis

Call tennis pros, Rob Purdy or Frank Dorsky to find out how easy it is to play tennis at VS&F. We can teach you to play, help you find compatible partners, or get you involved in one of our many leagues, as a regular or as a sub. Call 775-9916 for details and costs.

In addition:

**Six-week Beginner's Programs** – Fridays from 4 – 5 p.m.; First series starts September 19; second series starts March 5; third series starts April 16.

You will learn all the basics, make some tennis friends, get good exercise and have a super time! This program is designed for "restarters" as well as first time players. \$45 for club members; \$75 for non-members.

**All-level round-robin** – every Sunday, 10 a.m. – noon; this is a fun changing partner event open to members for \$5 and non-members for \$15 per session.

**Saturday 3.0, 3.5 and 4.0 clinic** – every Saturday all year, 10:30 a.m. – noon; run by pros Frank Dorsky and Rob Purdy, this clinic provides a super learning environment, lots of exercise and a chance to meet new tennis friends. \$10 for club members; \$20 for non-members.

# Exercise as Medicine

For the past 40 years, research on the health benefits of exercise has gone in two directions. One direction is *prevention* and the evidence that exercise prevents myriad chronic and acute illnesses is widely understood and becomes more conclusive every year.

The second, less well-known direction involves the role of exercise in *recovery and rehabilitation*. Whether a person's medical issue is stroke, cancer, obesity, heart disease, arthritis, diabetes, depression, anxiety, hypertension, chronic low back pain, high cholesterol or osteoporosis, the recuperative power of exercise has been shown to be a key element in making the best and fastest recoveries.

At VS&F, we have activities for prevention and recovery and we can help you find the right combination for your needs, interests and time constraints.

## Strength Training Class – For Beginners, Seniors, and Moderate Exercisers

The Strength Training class has been in the VS&F schedule six times each week for over eight years. It is designed to help moderate and deconditioned exercisers to build strength and energy, combat osteoporosis, strengthen arthritic joints, gain energy and improve balance. The pace in these classes is moderate and many participants are given specific exercise modifications based on their own needs and medical issues. The Strength Training Class is held Mondays, Wednesdays, and Fridays at 11a.m. and 4:30p.m. It is free for members (\$10 for non-members) and there is no need to sign up.

## Here's How to get Started if You Have a Medical Condition

Beginning an exercise program when you have one or several limiting medical conditions can be intimidating and also worrisome that you might do more harm than good. Here's how to get started safely and comfortably.

First, it's important to recognize that VS&F has many members struggling with medical problems. You will not be alone and your achievements will make you as much a hero as the strongest or fastest among us (maybe even more).

Second, you will need to talk with your physician for clearance and guidance about your limitations. You will also need to do this with your rehabilitation therapist if you have one. In most cases we will have very similar equipment to what you used in your medical rehabilitation.

Third, you will have an opportunity to meet with a personal trainer who is especially trained and certified to determine the best and safest ways for people with medical conditions to use exercise for their recuperation. With your input (and that of your Doctor and therapist) we will design an appropriate program for you.

## Pardon Our Dust

New air conditioning and heating systems are set for installation and locker rooms will get a makeover as we continue our ongoing efforts to make VS&F the best club it can be.

**(802) 775-9916**

## Exercisers Choosing Gentler Activities

A study of exercise trends between 1998 and 2002 shows that Pilates, Elliptical motion trainers, recumbent cycling, and the combined category of yoga and tai chi have been the fastest growing activities. It may be no coincidence that all these activities are gentle on the body.

Participation in Pilates, which combines development of lean muscles (especially abdominals and other core muscles) with stretching activities, doubled from 2001 to 2002. Use of elliptical trainers, which are easy on knees and back while providing a strong aerobic workout, skyrocketed by 177% between 1998 and 2002. Yoga and recumbent cycling also showed relatively large increases.

VS&F has three weekly Pilates classes, four yoga classes, elliptical trainers and recumbent cycles. Most beginners can quickly participate in these activities and make lots of gain without pain.

## What If You Want to Exercise with INTENSITY

We do have lots of members who want to work hard, and we have programs and equipment that can encourage you to sweat, strain, and grunt ... (but not to scream too much ... we have our limits). We have members who are sculpting their bodies, building large muscle-shirt muscles, playing football, running marathons, and protecting our city or our country. We welcome and respect these members and cheer for them to reach their goals, just as we do for the most deconditioned among us.

## Group Fitness Classes

Schedule subject to change.

These classes are free for members; \$10 guest fee for non-members.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30		<b>*Spinning 6:15-7:00</b>		<b>*Spinning 6:15-7:00</b>		
7:00						<b>*Spinning 8:15-9:00</b>
8:00						
9:15						
9:30	<b>*Body Pump</b>	<b>*Spinning</b>	<b>*Body Pump</b>	<b>Ask 775-9916</b>		<b>*Body Pump</b>
9:45						
10:00						
10:15						
10:30					<b>*Spinning</b>	
10:45						
11:00						
11:15	<b>Strength Training</b>		<b>Strength Training</b>		<b>Strength Training</b>	
11:30						
11:45						
12:00	<b>*Spinning</b>		<b>*Spinning</b>			
12:15						
12:30						
12:45						
1:00						
4:00						<b>Please sign up for starred (*) classes in advance at Front Desk or by calling (802) 775-9916.</b>
4:15						
4:30						
4:45	<b>Strength Training</b>	<b>Cardio Coach</b>	<b>Strength Training</b>		<b>Strength Training</b>	
5:00						
5:15						
5:30					<b>*Spinning</b>	
5:45	<b>Kick Boxing</b>	<b>*Body Pump</b>	<b>Kick Boxing</b>	<b>*Body Pump</b>		
6:00						
6:15						
6:30						
6:45		<b>Step Aerobics</b>		<b>*Spinning</b>		
7:00						
7:15						
7:30						
7:45						

### Body-Mind Classes

**Monday**  
Pilates  
9:15 a.m.

**Tuesday**  
Power Yoga  
9:15 a.m.  
Gentle Yoga  
5:30 p.m.  
Qigong  
6:30 p.m.

**Wednesday**  
Meditation for  
Healing  
9:15 a.m.  
Pilates  
6:30 p.m.

**Thursday**  
Power Yoga  
9:15 a.m.  
Pilates  
4:30 p.m.

### Also Available

Children's Classes  
New Member Orientation  
Fitness Assessment  
Call 775-9916 for details

VS&F Voted  
Best Health Club  
Six Straight Years –  
Also Wins Reader's  
Choice Award

We're proud that so many of you voted for us as the area's best health club. Our goals, however, are even higher. We want to be one of New England's top clubs and eventually, one of the country's best. We try to improve each year so we can remain at the top in this region and get to the top in our broader arena.

Lifestyle and Weight  
Management  
Consultation for  
Lasting Weight Loss

Fitness Director, Helen Strom-Olsen is now offering several programs to help individuals take weight off and keep it off. Participants get help with their eating, their exercise, and also with making lasting lifestyle changes. These programs are especially well suited for those who've tried and failed to lose weight, and those

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Fitness Director and Personal Trainer, Helen Strom-Olsen, with club member, Mike Salem. Mike has lost 30 pounds at VS&F and improved his health. "I've turned the clock back 30 years," he says.

who've yo-yoed up and down in weight. They are also ideal for people whose weight is a significant health concern. Call Helen at (802) 775-9916 to learn more about these exciting new programs.

## Corporate & Business Memberships

up to **63% OFF\***

Many Plans Available

\*when enrolling entire work force

## Fall & Winter Memberships

*NO Annual Commitment!*

**NO INITIATION**

plus **\$59\*** a month



**OR**

**\$69** initiation plus  
**\$49\*** a month



Special Rates for families  
and qualified students.

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



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## Children's Programs – Kid's Fitness, Tennis and Basketball Set to Start

### *Children's Fitness Classes –*

Wednesdays, 3:30 – 4:30p.m.; starts October 1<sup>st</sup> for ages 8-12. Activities will vary from session to session and will include age appropriate strength training, cardio and balance training, sports readiness skill building, basketball, racquetball and squash. Classes will also have an educational component about healthy living and healthy eating. Above all, the classes will be designed to be fun for everyone and to build confidence and self-esteem.

### *Children's Tennis –*

Fridays, 4:00 – 5:00p.m.; starts October 31<sup>st</sup> for ages 5-12. Four-time NAIA, Region 10, coach-of-the-year, Rob Purdy, again heads

our program. There will be two eight-week series. The first series runs from Friday, October 31 to Friday, December 19. The second series starts January 9, 2004 and ends on February 27.

### *Children's Basketball –*

Saturdays, 9:00 – 10:00a.m. for ages 6-8; 10:00 – 11:00a.m. for ages 9-11; starts Saturday, October 4. Activities will include drills, fun games, fitness activities and education about health, fitness and sportsmanship.

Call 775-9916 for costs and registration information about all of these programs.

## Body-Mind Classes, Including Pilates and Yoga, Now Free for Club Members

In order to get more of our members to experience the benefits of our Body-Mind classes, VS&F has decided to offer them as part of our basic membership package... and, of course, we continue to offer all of the classes in our basic schedule free for members, as well. Non-members can also take Body-Mind classes for \$12 per class or \$99 for a package of ten classes. Check out our class schedules on page 3.

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