

Bob Young is Member in Spotlight

As he entered his fifties, Mr. Bob Young was not feeling good about his physical self. Seventy-hour workweeks as chairman and CEO of Central Vermont Public Service were taking a toll.



Bob Young with fitness director, Helen Strom-Olsen

A year and a half ago, at age 55, Bob talked with VS&F staff about how he might do better. This discussion led him to select a personal trainer (VS&F fitness director, Helen Strom-Olsen) with whom he set written goals and developed a plan of attack. He also made sure to have a support team to help him get his exercise. He wanted to achieve the top ten percent of fitness for his age in a number of categories. He resolved to be steady and to make sure that his program had variety.

In November, a year after setting his goals, testing showed what we all could tell. Bob had achieved the top 10% in some categories and had improved in every category! Now he's setting new goals for the next

twelve months. About his success, he said "...I've reached the point where physical activity is an enjoyable part of my life. It's relaxation from the stress of work." Congratulations, Bob Young, for making these excellent life changes!

Adults Hard to Convince About Exercise

Dr. Lawrence Golding writes in the December issue of *The American College of Sports Medicine's Health and Fitness Journal* that despite years of educational effort, 80% of the U.S. Population is not sufficiently active. He suggests that educators need to change what they emphasize if they are to have more success. Especially for the chronically sedentary, Golding believes we need to focus more on health benefits (e.g. prevention of heart disease, hypertension, diabetes and osteoporosis) than on fitness benefits (e.g. stronger muscles, more flexibility). So, if you are looking for a motivational boost, keep yourself informed about the latest research on the health value of exercise. For suggestions about educational materials, go to vermontsportandfitness.com and click on [Health Value of Physical Activity](#).



VERMONT
Sport & Fitness
Club

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

Activity Challenge II Starts January 25

Fifty-three members participated in our first activity challenge and Tom Sabotka won dinner for two at the Cortina Inn. Our second challenge asks participants to try four NEW club activities in four weeks. Everyone who completes this challenge will be eligible for a drawing to win another dinner for two. Stop at the front desk to sign up and receive a list of eligible activities.

Saccardo Newest VS&F Personal Trainer

Lori Saccardo recently added ACE certification to her list of professional credentials and joined the VS&F personal training staff. Lori also teaches spinning and body pump classes and group orientations. We hope you'll get a chance to work with her soon and that you'll like her as much as we do.

Tennis 1,2,3 for beginners and re-starters – Feb 25 to April 1, Fridays from 4 to 5 pm.

Tennis 4,5,6 for advanced beginners and re-starters – April 8 to May 20, Fridays from 4 to 5 pm.

Winter Tennis Leagues – Call

Tennis Clinic – 3.0-4.0 Every Sat, 10:30 to Noon. Call to reserve.

Teen Classes Off to a Good Start

Teen spinning, on Tuesdays at 3:30 is a super cardio workout in the dark on stationary bicycles. Teen Body Pump, on Fridays at 3:30 is strength training designed to build lean muscle and muscle endurance. Classes are free for student-members and \$10.00 each for non-members.

Gentle Pilates Starts – This class offers easy to do exercises for core fitness and longer leaner body lines. Excellent for beginners and those with limited abilities.

Winter Memberships

NO Long-Term Commitment

\$59* a month
with ZERO initiation

OR

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

All classes FREE

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

Body-Mind Classes*

Monday	Tuesday	Wednesday	Thursday
Pilates 9:15 a.m.	Vigorous Yoga 9:15 a.m.	Vigorous Yoga 5:30 p.m.	Pilates 4:30 p.m.
Meditation** 12:30 p.m.	Gentle Pilates*** 10:30 a.m.	Pilates 6:30 p.m.	Qigong 5:30 p.m.
	Moderate Yoga 5:30 p.m.		

\$12 guest fee for non-members **Fee benefits RAP Coalition *Begins 1/25*

Schedule subject to change. Go to www.vermontsportandfitness.com for up-to-the-minute availability.

www.vsandf.com Adds Member Pix

We are adding to our website for members and non-members. Beginning in mid-January we will have a photo gallery of members, in action, in repose, in groups and hamming it up for our roving digital camera. Photos will change every month or so. You'll be able to find them by going to www.vsandf.com and clicking on "member pix."

Call us at (802) 775-9916

or visit online @

www.vermontsportandfitness.com

Group Fitness Classes

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30		*Spinning 6:15-7:00		*Spinning 6:15-7:00		
7:00						*Spinning 8:15-9:00
8:00						
9:15						
9:30	*Body Conditioning	*Spinning	*Body Pump	Ask 775-9916		*Body Pump
9:45						
10:00					*Spinning	
10:15						
10:30						
10:45						
11:00	Strength Training		Strength Training		Strength Training	
11:15						
11:30						
11:45						
12:00	*Spinning		*Spinning			
12:15						
12:30						
12:45						
1:00						
3:30		Teenage Spinning			Teenage Body Pump	Please sign up for starred (*) classes in advance at Front Desk or by calling (802) 775-9916.
3:45						
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	Kick Boxing	*Body Pump	*Spinning	
6:00						
6:15						
6:30						
6:45				*Spinning		
7:00						

Schedule subject to change. Go to www.vermontsportandfitness.com for up-to-the-minute availability.