

## Peg and Bob Soule, Members in Spotlight

"We'd been sporadically active until we joined," said Peg Soule, when we sat down in the VS&F lobby in late March. "I wanted to come to VS&F because of the variety but I had to coax Bob to join.



*Peg and Bob Soule in the weight room at VS&F.*

I knew he'd be hooked once he started." As wives so often are, Peg was right and both have been active members since joining a little over two years ago.

Peg likes to do a little of everything at VS&F. She enjoys classes, plays volleyball and does Activtrax—and that's just for starters. Bob keeps it simpler but is very

regular in his cardio and Cybex strength training activities. Both have made progress. Peg's body fat went from the mid-twenties to the mid-teens. She's stronger and feels better about the way she looks and feels. Bob lost 25 pounds until a knee injury set him back. Now, feeling that VS&F speeded his recovery, he's losing weight and regaining lost ground.

The Soules credit VS&F with helping their minds as well as their bodies—and they should know. Dr. Bob is a psychologist and Peg, a child and family therapist. In their practices, both emphasize the importance of physical activity to improve feelings of calmness and to help us feel our mental and emotional best. Peg added that VS&F helps to fill an empty place now that their two children are out of the house. Bob added, "Oh, are they gone?"

Thanks, Peg and Bob Soule, for being members of VS&F and for serving as models of the value of exercise.

## Exercise Shown To Help Mood

A recent study published in the American Journal of Preventive Medicine 28(1):1-8, 2005, investigated whether aerobic exercise was a good treatment for mild to moderate depression. Results showed that when exercise was sufficient (at least three days a week and around eight calories per pound of body weight per week), subject's self-ratings of depression were reduced by 47%. This compared to a reduction of only 30% for those doing a small amount of exercise and 29% for a placebo group. So if you're

feeling blue, exercise may be part of the answer, and as a bonus your physical health, energy and appearance will also improve.



VERMONT  
**Sport & Fitness**  
*Club*

40 Curtis Avenue, Rutland, VT 05701  
802-775-9916

## Foster Program Award



*Johnni Galbicsek and Taina Boynton with VS&F's award from the Vermont Foster & Adoptive Family Assoc.*

Over the 2005 Holiday season, VS&F worked with The Vermont Department of Children and Families to create a program of gift giving to area foster children. The response from club members was immediate and the program was such a success that we received a special statewide award of merit. The award was given to VS&F but should be shared by all who participated.

Special thanks to club member, Taina Boynton and VS&F Assistant GM Johnni Galbicsek for their contributions of time, energy and enthusiasm, and to the Department of Children and families for inviting us to help.

## Pool Area Gets Facelift

The VS&F outdoor pool is getting a new liner, new fencing, more flowers and a general sprucing up. Share some sun with us this summer and cool off in this inviting outdoor area. Low cost swimming passes are available for parents who want to bring young children. Members' children age 6 and under can use the pool free.

# Activtrax Success Stories

Activtrax is a web-based program that gives members personalized workouts, designed around each person's goals, experience and preferences, every time they come in to exercise. The logic behind each plan

is based on research in the fields of exercise science, physiology and behavioral psychology and each plan changes every day, based on previous workouts. Here are a few of our Activtrax success stories.

**Courtney Chadburn**  
Age 16, Student

**Number of Sessions:** 15

**Goal:** athletic excellence at the college level

**Comment:**  
*"You're not doing the same old thing every day. It's fun, and very detailed about what to do."*



**Paul Stewart**  
Age 43, Phlebotomist

**Number of Sessions:** 39

**Goal:** weight loss and improved muscle definition

**Comment:**  
*"I've lost 18 pounds and I've got more energy and stamina."*



**Wayne Flewelling**  
Age 51, Special Education Administrator

**Number of Sessions:** 49

**Goal:** to improve overall health, strength and flexibility

**Comment:**  
*"The big thing is the variety. I'm much stronger and I've added muscle mass."*



**Beth Coughlin,**  
Age 34, Special Educator

**Number of Sessions:** 15

**Goal:** to improve muscle definition and reduce stress

**Comment:**  
*"I feel better and I like having toned arms. I never had that before."*



## Body Pump and Spinning— International Programs

Body Pump (4 classes each week) and Spinning (8 classes a week) offer world-class group fitness experiences to VS&F members. Body Pump is a weight-lifting class designed to build lean muscle and endurance. Spinning is group cycling that burns lots of calories and strengthens heart, lungs, and circulation as well as glutes, hamstrings and quads. Both programs are set to music and designed by top international fitness professionals. VS&F instructors are trained and certified before they teach a class. Links to the Body Pump and Spinning websites can be found at [www.vsandf.com](http://www.vsandf.com).

### Is Spinning or Body Pump for You? Orientations Scheduled May 6

We love to have beginners try new things but we understand that jumping in does not always feel easy and that every activity is not

for everyone. To help you find out if Spinning or Body Pump is right for you, and to teach you how to do these classes, VS&F is holding half-hour Spinning and Body Pump orientations on Saturday, May 6. Body Pump is at 10:30 and Spinning is at 11:30 am.

### Want a Gentler Activity?

Some gentle choices in our schedules include our Strength Training class (held six times a week), Gentle Yoga and Gentle Pilates. Check out our class schedule or go on line for class descriptions.



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## VS&F Members Invited to Serve As Mentors

The Rutland Area Drug Prevention (RAP) Coalition provides mentors for Rutland County children aged 8 to 18. VS&F plays a small part in this program by offering free memberships to mentor/mentee pairs who use the club together. Mentees have had the chance to play tennis, basketball and racquetball and to engage in fitness activities with their mentors at our club. Prospective mentors are asked to attend an introductory training session and are then assigned a mentee. In addition, mentors attend three training and support sessions throughout the year. Club members who would like to become mentors are invited to call Jessica Hellyer at the RAP Coalition (775-4199).

## Tennis

**Tennis Tip—  
Footwork**

When tennis players miss a shot they tend to blame their swing. However, footwork is often the underlying culprit. Good footwork involves several elements and it is different when you are hitting than it is when you are preparing for your opponent to hit. In both cases balance is key (think nose over toes). As your opponent is preparing to hit it is important to be on your toes, ready to start and move quickly in any direction. Here the split-step helps with balance and quick movement to the ball.

When you are hitting, on the other hand, you need to reduce movement and stabilize your body. Both power and stability require solidly grounded feet so that you can push from the ground into your shot while keeping your upper body relatively quiet. (We tend to think of this as stepping into the ball, but it is the push of the back foot that may be most important).

Every shot is improved when this push is well-timed. When the push is too soon you lose body stability and power since most of your force comes from the ground and your racquet face tends to angle down so net shots of-

ten result. When your footwork is late your racquet will often be angled too high, causing hits over the base line.

To improve your footwork you can also watch the touring pros. Especially watch their split-steps and how they are always on their toes, except when they are hitting. Often you will see what looks like a jump with their back foot. But if you watch carefully you will recognize this as a push with such power, explosiveness and timing that the back foot leaves the ground at the moment of impact. At these times the touring pros are not trying to jump but rather to use the ground for maximum power and stability.

Next time you go on court concentrate on your feet instead of your racquet. You will probably play better and you will definitely burn more calories.

**Vermont Five Star Tennis Camp (ages 5–15)**

June 12 – August 17. Monday–Thursday 9–Noon.

*Register by May 31 for savings and free tee shirt.*

**Tennis 1, 2, 3 (for beginners and re-starters)**

*First Session: April 21 – May 26, Fridays, 4–5 pm.*

*Second Session: June 13 – June 29, Tuesdays & Thursdays, 5–6 pm.*

*Third Session: July 11 – July 27, Tuesdays & Thursdays, 5–6 pm.*

**Tennis 4, 5, 6 (for advanced beginners and re-starters)**

Same schedule as Tennis 1,2,3 (see above).

**Spring/Summer Adult Tennis Leagues**

May 22 – September 10. *To save money, register by May 3.*

**Kid's Tennis Team (ages 8–15)**

June 20 – August 2. Practices: Mondays & Wednesdays, 1–2:30 pm.

*Early registration recommended for all programs. Call (802) 775-9916.*

**Five Star Tennis Camp Starts June 12**

Vermont Five Star Tennis Camp has served 5 to 15 year olds for over a decade. Camp starts at 9 am every Monday through Thursday between June 12 and August 17. Camp begins with a warm-up and a demonstration of the skills to be learned that day. Campers then go to their assigned court for an hour of structured practice. After a break at 10:20, campers can choose to stay on court for informal play or individual training, they can cool off in the pool or they

can take part in a fitness activity in air-conditioned comfort. Campers return to the courts at 11:15 and end their morning by demonstrating the skills they've learned and playing games against the counselors. This is a fun time and parents are encouraged to attend. Camp ends each day at noon. Campers can register for a day, a week or for the summer. Learn more at [www.vsandf.com](http://www.vsandf.com) and sign up early to save \$\$\$ and get a free tee shirt.

**Call us at (802) 775-9916**

**or visit online @ [www.vermontsportandfitness.com](http://www.vermontsportandfitness.com)**

# Grass Roots Volleyball

VS&F provided nets and volleyballs and our members have done the rest, creating a fun program that welcomes all who would like to play. Informal play is scheduled every Thursday from around 6:30 to 9 pm, indoors or out. For those who want to be a bit more competitive, two VS&F Rutland Recreation Department league teams have evolved, one men's and one mixed. Thanks to Steve Martin, Peg Soule, Cindi Nasveschuk and Bob Carrara for bringing this grass roots program to life. Special thanks to Bob for contributions to getting our court into tip-top shape and to Jerry Hansen for teaching volleyball skills to our beginners and our more advanced players.

If you would like to get involved simply join us on a Thursday evening or call Steve Martin at (802) 438-2936. Everyone is welcome.

*Sign Up for*  
**New Member Fitness Orientations**  
**Cardiovascular Training:**  
 Saturdays 9:00 am & Thursdays 5:30 pm.  
**Strength Training:** Saturdays 9:45 am, Wednesdays 5:30 pm

## Memberships

*NO Long-Term Commitment*

**\$62\*** a month  
with **ZERO** initiation **OR** **\$52\*** a month  
with a **\$69** initiation

**All classes FREE**

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

## Body-Mind Class Schedule

<p><i>Gentle Yoga</i> Tuesdays—5:30 pm</p> <p><i>Moderate/Vigorous Yoga</i> Mondays—5:15 pm Wednesdays—9:00 am</p> <p><i>Mediation</i> Thursdays—9:15 am (periodic—call)</p>	<p><i>Pilates</i> Mondays—9:15 am Wednesdays—5:30 pm Thursdays—4:30 pm</p> <p><i>Gentle Pilates</i> Tuesday—10:30 pm</p> <p><i>Zigong</i> Thursdays—5:30 pm</p>
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 *Free for Members. \$12 guest fee for Non-Members.*

**Call us at (802) 775-9916**  
**or visit online @ [www.vermontsportandfitness.com](http://www.vermontsportandfitness.com)**

## Group Fitness and Body-Mind Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
6:00										
6:15										
6:30		<b>*Spinning</b>		<b>*Spinning</b>						
6:45										
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30						<b>*Spinning</b>				
8:45										
9:00										
9:15		<b>*Spinning</b>	<b>*Body Pump</b>	<b>Meditation (periodic—call)</b>	<b>*Spinning</b>					
9:30	<b>*Pilates</b>		<i>Moderate/Vigorous Yoga</i>			<b>*Body Pump</b>				
9:45										
10:00										
10:15										
10:30		<b>*Gentle Pilates</b>								
10:45										
11:00	<b>Strength Training</b>		<b>Strength Training</b>		<b>Strength Training</b>					
11:15										
11:30										
11:45										
12:00	<b>*Spinning</b>		<b>*Spinning</b>							
12:15										
12:30										
12:45										
1:00										
↑ ↓										
4:00										
4:15										
4:30	<b>Strength Training</b>		<b>Strength Training</b>	<b>*Pilates</b>	<b>Strength Training</b>					
4:45										
5:00										
5:15										
5:30	<b>Kick Boxing</b>	<i>Moderate/Vigorous Yoga</i>	<b>*Body Pump</b>	<b>Gentle Yoga</b>	<b>Kick Boxing</b>	<b>*Pilates</b>	<b>*Body Pump</b>	<b>Qigong</b>	<b>*Spinning</b>	
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										

Now Available by Appointment:  
**Metabolism Tests**  
**Cardio Fitness (VO2) Tests**  
 Call for Member and Non-Member costs

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**All Classes Free for Members**  
 \$12.00 for Non-Members

Schedules subject to change. Go to [www.vermontsportandfitness.com](http://www.vermontsportandfitness.com) for up-to-the-minute availability.  
 Classes in red are held in the Body-Mind Room. Please sign up for starred (\*) classes in advance.