

VS&F Group Fitness Spring Schedule

(Updated April 26, 2012)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:15 a.m.		 Laurie *		 Laurie *			
9:15 a.m.	 (9:00 a.m.) Julie *	 Cara *	 Jen *	 Cara *	 Peg	 (8:15 a.m.) Jen *	
						 (9:30 a.m.) Jen *	
10:15 a.m.	 Jess	Flow Yoga Jess (body-mind room)	Gentle Pilates* Jess		Flow Yoga Jody (body-mind room)	Karate (10:15 a.m.) Jim (body-mind room)	
11:15 a.m.	Strength Training 101 Melissa Crossman		Strength Training 101 Melissa Crossman	Yoga for Weight-Loss (11:30 a.m.) Stephanie (body-mind room)	Strength Training 101 Chrissy		
12:15 p.m.							
4:30 p.m.	Strength Training 101 Chrissy	Pilates* Jess	 Peg GOLD	Pilates* Jess	Strength Training 101 Chrissy	All Classes Free for Members \$14 for Non-Members	
5:30 p.m.	 Jess	 Sam *	Gentle Yoga Jess (body-mind room)	 Melissa Crossman *	 Sam *		 Melissa Cox
evening	6:30 p.m. Karate Jim (body-mind room)	6:30 p.m.  Jess		6:30 p.m. Karate Jim (body-mind room)			

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

Classes held upstairs unless the Body-Mind Room is indicated. Please sign up for starred (*) classes in advance.

There are sign up sheets at the front desk or call Vermont Sport & Fitness at (802) 775-9916.