

The Wellness Center

1734 Crawford Farm Road, Newport Vermont | (802)334-5566

www.northcountryhospital.org/wellnesscenter



WINTER 2024 *Schedule*

Who's Who

Our staff is 100% licensed and/or certified in their field of expertise! Each instructor resides in the NEK and brings a unique quality to their class. Check out the pics and bios below and get to know us!



Meet Our Director: Mary Hoadley

Mary Hoadley has been The Director of The Wellness Center/ Employee Wellness since 2011 and has been instructing since 2009. She's a certified personal trainer, nutrition/wellness/weight management consultant and ACE Health Coach. With more than two dozen other certifications and licenses, she teaches a variety of classes. Voted as this year's "Best of the Best," yoga instructor in Orleans County, she brings well-loved enthusiasm and excitement to every class, every time!

Mary recently finished her master's degree in organizational leadership (Diversity and Inclusion), is the vice-chair of Borderline Players theatre company, is a Rotarian, cat-mom, and the pastor of the Brownington Congregational Church.

She's your Go-To for all questions, concerns, registrations, and feedback: mhoadley@nchsi.org Don't forget to check out her weekly Healthy You Column in the Newport Daily each Tuesday!

THE MEETING PLACE FOR FUN, HEALTH AND FITNESS



Meet Mitchael

Mitchael was born and raised in Vermont and has a Master's Degree in Exercise and Sports Science. Mitchael enjoys baking, hiking, listening to audio books, disc golf and volleyball. He also has two cats!



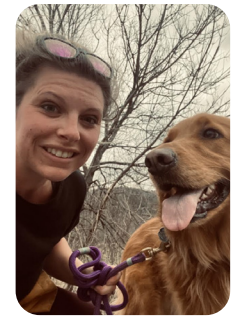
Meet Jana

Jana brings her kind and caring nature to each class. Jana loves animals, the ocean, and spending time with her closest friends and family. Jana enjoys taking classes of her own and is currently taking classes on writing!



Meet Lynn

Lynn has been teaching at the Wellness Center for 20+ years. She is a certified Senior Fitness Instructor and master at Laugh Yoga. Each class has a healthy dose of fun, laughter and well-being. Motion is Lotion! Lynn manages Heron's Path, LLC. She's an active Grandmother.



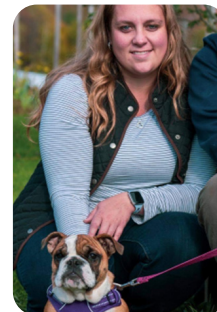
Meet Ashley

Ashley is a total wellness enthusiast! She loves dance, camping, hiking, reading and of course spending time with her family. You may even recognize Ashley from her adventures outside with her dog too!



Meet Lauren

Lauren is a wife, mother, Veteran, and dog lover. When not teaching classes she loves to get outside and visit her kids. She also loves to travel and visit new places!



Meet Hope

Newly married, Hope is a pharmacist, avid golfer, and local choreographer for Borderline Players Theatre Company. Hope loves all things active so don't be surprised if you see her taking classes, out running or with her husband and two bulldogs for outdoor adventures.



Meet Faye

Faye is a registered respiratory therapist who spent the majority of her career training respiratory therapists in Vermont. Recently making Yin Yoga her educational focus, Faye is a life-long learner and continues to practice and study yoga on a daily basis.



Meet Sally

Sally loves being outdoors, walking, hiking, biking, swimming, snowshoeing, cross-country and downhill skiing! She has been teaching group fitness to all ages for over 25 years and is trained in everything from Tai Chi to Yoga!

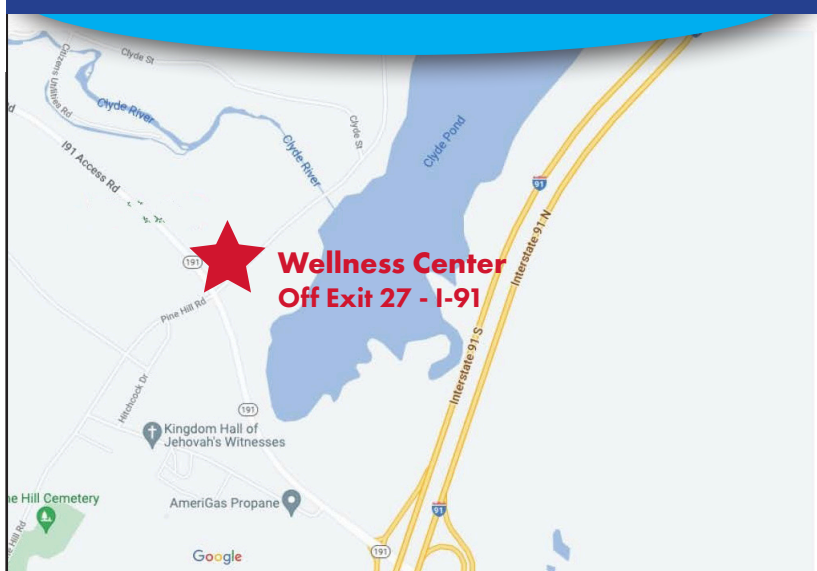


Meet Rita

From student to teacher! Rita brings her A' game whether it's taking or teaching a class! In her quiet time she enjoys porch nights with her husband & pups and trampoline time with her daughter.

Ride and Shine with Rita!

WE'RE EASY TO FIND



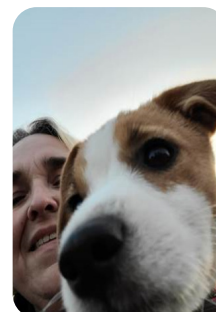
Meet Carol

Carol is back again joining the Wellness Center Family and she brings all the joy, fun and encouragement! She's a retired educator, avid cyclist, hiker and skier. Let's give her a warm welcome back!



Meet Carolyn

Carolyn is a warm, genuine & welcoming yoga instructor. She is retired from NCUHS. She spends time outdoors hiking, walking, gardening, snowshoeing and x-country skiing. She also volunteers in the community and has great fun being with her granddaughters.



Meet Sarah

Sarah hails from the NEK and loves all things outdoors! From hunting to fishing and rescuing pets! Sarah is a long time CCV employee who empowers and encourages her students the same way from work to her classes. Sarah has a down-to-earth approach.



Meet Helena

An NEK native and mother of two, Helena has a passion for fitness and wellness. A dancer first, Helena traded in her ballet slippers for sneakers after college and loves to bring fun, upbeat classes to all ages and abilities.



Meet Annie

Don't be surprised if you see Annie out for her daily walk! Annie loves to be outside walking her dogs or looking for mushrooms with her partner. She loves enjoying live music and dancing the night away. She says, "the NEK has always been my home!"



The Wellness Center WINTER Schedule 2024

42nd Anniversary Year!

Pre-Registration Required

STARTING TUESDAY, JAN 2, 2024 *Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:15 am Cardio (Spin) and Core with Lauren
8:30 am Ride and Shine with Rita		9:00 am Yoga with Carolyn	8:30 am Tonetastic AM with Mary	9:00 am Yoga with Carolyn	9:30 am Restorative Yin with Faye	8:30 am Drums Alive® Various
9:30 am Boxing and Bells with Mitchael	9:30 am Gentle Yoga AM with Jana	10:15 am Timed Fit with Mary	9:30 Gentle Yoga with Jana	10:15 am Timed Fit with Mary	10:45 am Limber Up with Lynn	
	10:45 am Limber Up with Lynn	11:15 am Zumba® Gold with Sally	10:45 am Limber Up with Lynn	11:15 am Zumba® Gold with Sally		
		12:15 pm Chair Yoga with Sally	3:00 pm 6 Week Supersets with Kristen	12:15 pm Chair Yoga with Sally		
	4:15 pm Spin® with Carol	4:15 pm Yoyalatias with Mary	4:15 pm Cardio (Spin) & Core with Lauren	4:15 pm Piyo® Live with Mary		
	5:15 pm Tonetastic with Mary	5:15 pm Zumba® with Mary	5:15 Yoga with Ashley	5:15 pm Zumba® with Mary		
	6:15 pm All Star Workout with Mary	6:15 pm Spin® with Rita	6:15 pm T.B.C. with Mitchael	6:15 pm Boxing Bootcamp		
NC Primary Care Barton-Orleans 488 Elm Street Barton	5:30 pm ALAB (All Levels, All Bodies) Circuit Training		5:30 pm Yoga with Sarah			
Troy Parish Hall 130 S Pleasant St, Troy		4:15 pm Zumba Gold 5:15 pm Qi Gong and Tai Chi		4:15 pm Zumba Gold 5:15 pm Troy Yoga		

PRICING

CLASSES ARE AS PRICED IN BROCHURE

UNLIMITED OPTIONS:

MONTHLY UNLIMITED MEMBERSHIP: \$80.00/MONTH

DISCOUNTED WINTER UNLIMITED MEMBERSHIP JAN - APRIL \$285.00

THERE WILL BE NO CREDITS/REFUNDS FOR ANY PAYMENTS REGARDLESS OF CIRCUMSTANCES FOR MONTH/SESSION PAID ENDING 4/30/2024

WELCOME TO THE WELLNESS CENTER

In an effort to keep our space, instructors and participants as healthy as possible, we ask that you do not come to class if you are feeling unwell or if you have been in contact with someone who is ill.

ALL participants MUST sign in and will be required to fully sanitize all used materials. In an effort to reduce shared items we do ask you to please bring a mat and yoga props to appropriate classes if you have them.

All participants must hand carry clean, dry, indoor shoes.
No outdoor shoes will be permitted.

MONDAYS

Gentle Yoga Monday with Jana Parker

Mondays/Wednesdays 9:30 am • JAN 8 - APRIL 8 • \$84/\$145

Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Monday only: \$84. 14 weeks.

Monday Limber Up with Lynn Flint

Mon/Weds/Fridays 10:45 am • JAN 8 - APRIL 12 • \$84/\$140/\$168

Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! Mondays Only \$84. 14 weeks.

Spinning® with Carol Trembley

Mondays 4:15 pm • JAN 8 - APRIL 28 • \$102

Carol brings her joy of cycling and contagious enthusiasm to this all level Spinning® class. Join her for weekly themed rides that will increase your endurance, build strength and keep you motivated all winter long! This class is perfect for the outdoor cyclist looking to take it inside for the fall and winter. 17 weeks.

ToneTastic with Mary Hoadley

Mondays 5:15 pm • JAN 8 - APRIL 8 • \$84

This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It's toning, its fantastic, it's TONETASTIC. 14 weeks.

All Star Workout PM with Mary Hoadley

Mondays 6:15 pm • JAN 8 - APRIL 8 • \$84

This class is ALWAYS different and always fun! It mixes cardio kickboxing, strength training, Pilates/core and flexibility work into a perfect workout each class. Sometimes using bikes, bands, balls and more. This total body workout requires ability to get up and down off the ground freely. Please bring a mat. 14 weeks.

BARTON ALAB Circuits (All Levels, All Bodies)

with Sarah Corrow

Mondays 5:30 pm • JAN 8 - APRIL 8 • \$84

This circuit training class is for all levels and all bodies! Increase overall strength and endurance each Monday to kick off the week right! Requires the ability to get up and down off the ground. Please bring a mat.

With Sarah's Wednesday Yoga: \$140. 14 weeks.

TUESDAYS

Tuesday Yoga AM with Carolyn Hannan

Tuesdays/Thursdays 9:00 am • JAN 2 - APRIL 11 • \$90/\$150

This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow, designed for awareness of body, mind and breath. Please bring your mat if you have one. 15 weeks.

Tuesday Timed Fit with Mary Hoadley

Tuesdays/Thursdays • 10:15 am • JAN 2 - APRIL 11 • \$90/\$150

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift overhead. Not a senior fitness class. 15 weeks.

Tuesday Zumba® Gold *with Sally Rivard*
Tuesdays /Thursdays • 11:15 am • JAN 9 - APRIL 11 • \$84/\$140

 Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun!
 SENIOR FRIENDLY! Tuesdays only \$84. 14 weeks.

Tuesday Chair Yoga *with Sally Rivard*
Tuesdays /Thursdays • 12:15 am • JAN 9 - APRIL 11 • \$84/\$140

 A gentle class using a chair for both seated & standing poses for improved strength, flexibility, concentration, increased circulation and feeling of well-being, as well as decrease in blood pressure, anxiety, inflammation, and chronic pain. Welcoming to all fitness levels, from active seniors to those recovering from an injury.
 SENIOR FRIENDLY! Tuesdays only \$84. 14 weeks.

Yogalaties *with Mary Hoadley*
Tuesdays 4:15 am • JAN 2 - APRIL 9 • \$90

Trained in both Yoga and Pilates Mary designed this class to mix the best of both worlds! Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Each class comes with a manta card. 15 weeks

Zumba® Tuesdays *with Mary Hoadley*
Tuesdays /Thursdays 5:15 pm • JAN 2 - APRIL 11 - \$90/\$150

 That same dance party that has swept the nation, is here. Roll up your rug, grab your water and let's dance the evening away! This class has all your Zumba® rhythms from around the world. 15 weeks.
 Valentine Parties: 2/12 & 2/14
 St. Patrick's Parties: 3/12 & 3/14

Spin® with Rita *with Rita Gage*
Tuesdays 6:15 pm • JAN 2 - APRIL 14 • \$90/\$145

Tuesday's are Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike. No class Sun 3/31. 15 weeks.

TROY Tuesday Zumba® Gold *with Sally Rivard*
Tuesdays /Thursdays • 11:15 am • JAN 9 - APRIL 11 • \$84/\$140

 Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY!
 Thursdays only \$84. 14 weeks.

TROY Qi Gong & Tai Chi *with Sally Rivard*
Tuesdays 5:15 pm • JAN 9 - APRIL 9 • \$84

Restore your mind and body from the day's activities & prepare your mind and body for a restful night of sleep, check it out! No sweat (come in work clothes if you need to) and definitely NO STRESS when you leave! For all abilities from athletes to those who prefer to stay seated. With Sally's Thursday Yoga \$140. 14 weeks.

WEDNESDAYS

ToneTastic AM *with Mary Hoadley*
Wednesdays 8:30 am • JAN 3 - APRIL 10 • \$90

This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It's toning, its fantastic, it's TONETASTIC. 15 weeks.

Gentle Yoga Wednesday *with Jana Parker*
Mondays/Wednesdays 9:30 am • JAN 3 - APRIL 10 • \$90/\$145

 Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster or pillow.
 Weds only \$90. 15 weeks.

Wednesday Limber Up *with Lynn Flint*
Mon/Weds/Fridays 10:45 am • JAN 8 - APRIL 12 • \$84/\$140/\$168

 Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!
 Weds only \$84. 14 weeks.

Cardio (SPIN®) and Core *with Lauren Gillespie*
Wednesdays 4:15 pm, Saturdays 7:15 am • JAN - APRIL • \$102/\$170

Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Weds only \$102. 17 weeks.

Yoga with Ashley *with Ashley Reindeau*
Wednesdays 5:15 pm • JAN 3 - APRIL 10 • \$90

The midweek pick-me-up we all need! This yoga class will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. A yoga class for all bodies and all levels. 15 weeks.

BARTON Yoga with Sarah *with Sarah Corrow*
Wednesdays 5:30 pm • JAN 10 - APRIL 10 • \$84

The midweek pick-me-up we all need! This yoga class will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. A yoga class for all bodies and all levels. 15 weeks.

Evening T.B.C PM (Total Body Conditioning) *with Micheael Budziak*
Wednesdays 6:15 pm • JAN 3 - APRIL 10 • \$90

This class welcomes all and concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket if you have them. With Monday ALAB Circuits \$140. 14 weeks.

THURSDAYS

Thursday Yoga AM *with Carolyn Hannan*
Tuesdays/Thursdays 9:00 am • JAN 2 - APRIL 11 • \$90/\$150

This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow designed for awareness of body, mind and breath. Please bring your mat. Thursdays only \$90. 15 weeks.

Thursday Timed Fit AM *with Mary Hoadley*
Tuesdays /Thursdays 10:15 am • JAN 2 - APRIL 11 • \$90/\$150

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift overhead. Please bring a mat. Thursdays only \$90. 15 weeks.

Thursday Zumba® Gold *with Sally Rivard*
Tuesdays /Thursdays • 11:15 am • JAN 9 - APRIL 11 • \$84/\$140

 Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY!
 Thursdays only \$84. 14 weeks.

Thursday Chair Yoga *with Sally Rivard*
Tuesdays /Thursdays • 12:15 am • JAN 9 - APRIL 11 • \$84/\$140

 A gentle class using a chair for both seated & standing poses for improved strength, flexibility, concentration, increased circulation and feeling of well-being, as well as decreases in blood pressure, anxiety, inflammation, and chronic pain. Welcoming to all fitness levels, from active seniors to those recovering from an injury.
 SENIOR FRIENDLY! Thursdays only \$84. 14 weeks.

PIYO® Live *with Mary Hoadley*
Thursdays • 4:15 pm • JAN 4 - APRIL 11 • \$90

This isn't your mom's yoga class! We will be moving and grooving for 3/4's of the class! This class moves up and down and side to side to give you a total body barefoot mat workout. The final portion is filled with deep stretches and guided relaxation. 15 weeks.

Zumba® Thursday *with Mary Hoadley*
Tuesdays/Thursdays 5:15 pm • JAN 2 - APRIL 11 • \$90/\$150

 That same dance party that swept the nation. Grab your water and let's dance the evening away! This class has all your Zumba® rhythms from around the world.
 Thursdays only \$90. 15 weeks.
 Valentine Parties: 2/12 & 2/14
 St. Patrick's Parties: 3/12 & 3/14

Boxing Bootcamp *with Mary Hoadley*
Thursdays 6:15 pm • JAN 4 - FEB 23 • \$48

In this high intensity class, each participant will have their own bag & gloves to train just like a boxer would! Be prepared to get out of your comfort zone and to increase your stamina! Class size is small due to spacing and bags -Register NOW! No drop-ins will be permitted. 8 weeks.

TROY Thursday Zumba® Gold *with Sally Rivard*
Thursdays 5:15 pm • JAN 9 - APRIL 11 • \$84/\$140

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! Thursday only \$84 SENIOR FRIENDLY! 14 weeks.

TROY Yoga Thursday *with Sally Rivard*
Thursdays 5:15 pm • JAN 11 - APRIL 11 • \$84

 Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga.
 With Tuesday Tai Chi \$140. 14 weeks.

FRIDAYS

Restorative Yin Yoga with Faye Tolar
Fridays • 9:30 am • JAN 5 - APRIL 12 • \$90

Restorative Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them. 15 weeks.

TGIF Limber Up with Lynn Flint
Mon/Weds/Fridays • 10:45 am • JAN 8 - APRIL 12 • \$84/\$140/\$168
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga! Friday only \$84. 14 weeks.

SATURDAY

Cardio (SPIN®) and Core with Lauren Gillespie
Saturdays 7:15 am, Wednesdays 4:15 pm • JAN - APRIL • \$102/\$170
Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Saturday only \$102, 17 weeks.

Drums Alive® with Hope Guisinger, Helena Vachon and Mary Hoadley
Saturdays 8:30 am • JAN 7 - APRIL 14 • \$90
Get ready to sweat, smile and strengthen. This class beats to the beat of it's own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided. 15 weeks.

SUNDAYS

Spin® with Rita with Rita Gage
Sundays 8:30 am • JAN 7 - APRIL 14 • \$84/\$145
Sundays are Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike. No class Sun 3/31. Sundays Only \$84. 14 weeks.

Boxing and Bells High Intensity Interval Training
with Michael Budziak
Sundays 9:30 am • JAN 7 - APRIL 14 • \$84
Sundays just got even better! We'll provide the boxing gloves as you punch, jab, kick your workout to the next level! This class mixes boxing and strength with kettlebells and dumbbells for changeup and a challenging workout. No class 3/31. 14 weeks.

SPECIAL

EVENTS



3rd Annual Egg Hunt \$5/child
Saturday, March 9

All children ages 3-12 years old are invited to an egg hunt on The Wellness Center green. Pre-registration/payment required. There are limited spots and no registrations day of. Call now, 802-334-5566 or email mhoadley@nchsi.org

BABYSITTING COURSE \$35
January 27 or April 27 9am-3pm

Learn basic child care, safety measures, basic first aid and more. Certificate upon course completion. Ages 11 & up (Verification required). Bring a lunch.
Registration & Payment due by Jan 13/April 13.
In cooperation with UVM Extension Service
North Country Hospital Meeting Room
Melinda Birch, Orleans County 4-H Educator



Pre-Registration Required

Mail To: The Wellness Center, 189 Prouty Drive, Newport, VT 05855
Email To: mhoadley@nchsi.org
Checks Payable To: The Wellness Center
Or Save a Stamp - Debit/Credit Cards Call: (802)334-5566

Name _____ Contact # _____
Email Address: _____@_____

CLASSES ARE AS PRICED IN THE BROCHURE

Drop-Ins: \$10/class

20% OFF for all veterans and active service members

UNLIMITED 2024 Access: \$600 (regular price: \$960)

Monthly Unlimited Membership: \$80.00/month

Discounted Winter Unlimited Membership Jan-April: \$285.00

Unlimited TROY Classes (4/week) Jan 9-April 11: \$200.00

Absolutely no refunds or credits from session to session.

ONE CLASS ONLY			Total
Specific Class Name/day			
	Price as Marked		\$
TWO CLASSES ONLY			Total
Specific Class Name/day			
	# of weeks:	X \$5	
	# of weeks:	X \$5	
		Total:	
THREE CLASSES ONLY			Total
Specific Class Name/day			
	# of weeks:	X \$4	
	# of weeks:	X \$4	
	# of weeks:	X \$4	
	# of weeks:	X \$4	
		Total:	

Attendance is the sole responsibility of the participant. Due to our low and discounted rates, there are absolutely no refunds/credits for missed/skipped classes. Payments will not exceed month paid for or session ending 04/30/2024

Registration is very important. Please register to be "in the know."
Drop In Rate: \$10/class (If a class is full no drop ins will be permitted)



The Wellness Center adheres to North Country Hospital's Scent-Free Policy. All participants should refrain from wearing any/all scents while on site.



Weather Cancellations:
During inclement weather, call 802-334-5566 and listen to the recording. (If there are no cancellations mentioned, there are no cancellations at that time.) We also post all cancellations and schedule changes on our Facebook page.