



# AUGUST

- \* Beautiful Olympic Pool & Spacious Warm Pool
- \* Doctor recommended Water Fitness Programs For Seniors
- \* Around 175 Classes Each Month      \* Open 98 Hours, 7 Days Per Week
- \* The Finest Equipped Fitness Room In The State
- \* Childcare Available 7 Days Per Wk
- \* Racquetball, Basketball, Wallyball, Ping Pong, Foosball, Billiards

To view this group fitness schedule and our news bulletin board online please visit  
www.vermontsun.com

## 812 Exchange St Middlebury VT Phone: 388-6888

We at Vermont Sun Sport & Fitness Center offer programs to improve cardiovascular efficiency, increase muscular endurance and strength, improve flexibility and reduce body fat. Achieving and maintaining proper fitness levels is a lifetime commitment and we are dedicated to helping you reach your personal fitness goals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinning 6:15-7:00	<b>BODY FLEX</b> 6:10-7:00	Spinning 6:15-7:00	<b>BODY FLEX</b> 6:10-7:00	<b>ZUMBA</b> 6:00-7:15	Spinning 8:15-9:00
<i>Aquacise</i> 8:30-9:15		<i>Aqua B'Ball</i> 8:30-9:30	<b>ZUMBA</b> 7:15-8:15		<b>BODY PUMP</b> 9:15-10:15
<b>BODY PUMP</b> 9:00-10:00	Spinning/Abs 9:00-10:00	<b>Pilates</b> 9:00-10:00	Spinning/Abs 9:00-10:00	<b>Pilates</b> 9:00-10:00	
<b>GENTLE</b> Yoga 10:15-11:15	Senior Fitness 10:15-11:15		Senior Fitness 10:15-11:15	<b>GENTLE</b> Yoga 10:15-11:15	
	<i>Arthritis Aqua</i> 10:30-11:30		<i>Arthritis Aqua</i> 10:30-11:30	<i>Arthritis Aqua</i> 10:30-11:30	
Spinning 12:10-12:55	<b>BODY PUMP</b> 12:10-1:10	Spinning 12:10-12:55	<b>BODY PUMP</b> 12:10-1:10	Spinning 12:10-12:55	<b>SUNDAY</b>
	<b>YOGA</b> 12:00-1:00			<b>YOGA</b> 12:00-1:00	
	spin/strength/stretch ↓		spin/strength/stretch ↓		
<b>ZUMBA</b> 5:30-6:30	<b>SSS</b> 5:30-6:15		<b>SSS</b> 5:30-6:15		
<b>YOGA</b> 5:30-6:30		<b>YOGA</b> 5:30-6:30	<b>YOGA</b> 5:30-6:30		
		<b>ZUMBA</b> 6:30-7:30			

NOTE: Participation in group fitness classes requires a fitness membership

in multi-purpose room

### CHILDCARE HOURS

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT &amp; SUN</u>
8:30-1:15	8:30-1:15	8:30-1:15	8:30-1:15	8:30-1:15	8:00-11:00
4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	

Personal Training, Massage, Kids & Adult Swim Lessons, Racquetball, Tanning, Spinning, Body Masters, Ballet, Saunas, Childcare, Kiddie Pool

### CLUB HOURS

 Monday-Thursday 5:30AM-9PM    Friday 5:30AM-8PM    Saturday-Sunday 7:30AM-4 PM