



**VERMONT**  
*Sun*

# JANUARY

**SCHEDULE CHANGES WITHIN THE MONTH**

**Monday 5:30 PM Yoga Class Cancelled Jan 12th - Jan 30th**

*(will resume Monday, Feb 2nd)*

**Tues and Thurs 5:30 PM Spin Class Cancelled Jan 12th - Jan 30th**

*(will resume Tuesday, Feb 3rd)*

**Monday and Thursday 4:30 PM Spin Class added Jan 12th - 30th**

*(cancelled as of Monday, Feb 2nd)*

**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 PUMP</b> 6:10-7:15	<b>ZUMBA</b> 6:15-7:15	Spinning 8:15-9:00
<i>Aquacise</i> 8:30-9:15		<i>Aqua B'Ball</i> 8:30-9:30	<b>ZUMBA</b> 9:00-10:00	<b>Pilates</b> 9:00-10:00	<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>GENTLE Yoga</b> 10:15-11:15	Senior Fitness 10:15-11:15		Senior Fitness 10:15-11:15	<b>GENTLE Yoga</b> 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> no classes
	<b>YOGA</b> 12:00-1:00			<b>YOGA</b> 12:00-1:00	
note above↓					
<b>YOGA</b> 5:30-6:30	note above↓		note above↓		
<b>ZUMBA</b> 5:30-6:30	Spin/Strength/Stretch 5:30-6:30	<b>YOGA</b> 5:30-6:30	Spin/Strength/Stretch 5:30-6:30		
<b>Tai Chi</b> 7:00-8:30		<b>ZUMBA</b> 6:30-7:30	<b>YOGA</b> 5:30-6:30		

Participation in group fitness classes requires a fitness membership

= in multipurpose room

Check us out on the web at [WWW.VERMONT SUN.COM](http://WWW.VERMONT SUN.COM)

**CHILDCARE HOURS**

MON	TUES	WED	THURS	FRI	SAT & SUN
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-6PM