

# April



- \* 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](http://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> 6:15-7:00	Spinning 6:15-7:00	<b>BODY FLEX</b> 6:15-7:00	<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>BODY PUMP</b> 9:15-10:15
Spinlates 9:00-10:00	Spinning/Abs 9:00-10:00	Yoga-Lates 9:00-10:00	Spinning/Abs 9:00-10:00	Pilates 9:00-10:00	<b>Latin Jam</b> 9:00-10:00
GENTLE Yoga 10:15-11:15	Senior Fitness 10:15-11:15		Senior Fitness 10:15-11:15	GENTLE Yoga 10:15-11:15	
	<i>Arthritis Aqua</i> 10:15-11:15		<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 12:10-1:10	<b>SUNDAY</b> Spinning 10:00-11:00
	YOGA 12:00-1:00			YOGA 12:00-1:00	
<b>BODY PUMP</b> 4:30-5:30	Spinning 5:30-6:15	YOGA 5:30-6:30	Spinning 5:30-6:15	<b>Latin Jam</b> 6:30-7:30	
<b>ZUMBA</b> 5:30-6:30		<b>BODY PUMP</b> 5:30-6:30	YOGA 5:30-6:30		
YOGA 5:30-6:30					

NOTE: Participation in group fitness classes requires a fitness membership

in multi-purpose room

**CHILDCARE HOURS**

<u>MON</u> 8:45-1:15	<u>TUES</u> 8:45-1:15	<u>THURS</u> 8:45-1:15	<u>FRI</u> 8:45-1:15	<u>SAT</u> 8:00-11:00
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Personal Training, Massage, Kids & Adult Swim Lessons, Racquetball, Tanning, Spinning, Body Masters, Ballet, Saunas, Childcare, Kiddie Pool

**CLUB HOURS** Mon-Wed-Fri 5:30AM-11:30PM Tues/Thurs 5:30AM-8:30 PM Sat-Sun 7:30AM-6 PM