



**VERMONT**  
*Sun*

# SEPTEMBER

- \* Beautiful Olympic Pool, Spacious Warm Pool and Outdoor Hot Tub
- \* Doctor recommended Water Fitness Programs For Seniors
- \* Over 175 Classes Each Month
- \* The Finest Equipped Fitness Room In The State
- \* Open 94 Hours, 7 Days Per Week
- \* Racquetball, Wallyball, Ping Pong, Foosball, Pool
- \* Childcare Available 7 Days Per Week
- \* Come Visit Us And See All We Have To Offer

**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
	<b>BODY FLEX</b> 6:10-7:00	<b>BOOT CAMP</b> 6:15-7:00	<b>BODY PUMP</b> 6:10-7:15	<b>ZUMBA</b> 6:15-7:00	Spinning 8:15-9:00
<i>Aquacise</i> 8:30-9:15		<i>Aqua B'Ball</i> 8:30-9:30		<b>Pilates</b> 9:00-10:00	<b>KICKBOX</b> 9:00-10:00
<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>BODY PUMP</b> 9:15-10:15
<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 FLEX</b> 12:10-1:00	Spinning 12:10-12:55	<b>BODY PUMP</b> 12:10-1:10	Spinning 12:10-12:55	<b>SUNDAY</b> no classes
	YOGA 12:00-1:00			YOGA 12:00-1:00	
YOGA 5:30-6:30					
<b>ZUMBA</b> 5:30-6:30	Spin/Strength/Stretch 5:30-6:30		Spin/Strength/Stretch 5:30-6:30		
Tai Chi 7:00-8:30		<b>ZUMBA</b> 6:30-7:30	YOGA 5:30-6:30		

Participation in group fitness classes requires a fitness membership

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

= in multipurpose room  
 = requires extra fee

**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	

\* Women's Only Class

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

**CLUB HOURS** Monday-Thursday 6AM-9PM Friday 6AM-8PM Saturday-Sunday 7:30AM-4PM