

Physical Activity For All Ages

Personal Training \$25/hr.

One-on-one Physical Fitness consultation with Wellness Center Certified Personal Trainer, Sharon Stewart. Body fat analysis, measurements, and exercise prescriptions to help you address weight issues. Call Mary at The Wellness Center at 334-3226 to schedule an appointment.

Senior Fitness \$50/\$80

Fun, low-impact exercise, strength conditioning & stretching. For Seniors and for those who prefer a light workout.

NEWPORT Wellness Center Fitness Facility
Tuesdays/Thursdays, January 5 - March 11
10:00 - 11:00 a.m.
(10 or 20 sessions)

Mary Perkins

Cycle & Sculpt \$6/class*

*Indoor Cycling with strength-conditioning exercises. Great workout! *Price is for drop-ins. Save by prepaying! (January 2 - March 31)*

NEWPORT Wellness Center Fitness Facility
Weekday p.m. session-Mon/Wed/Fri, 4:15 - 5:00 p.m.
Weekday a.m. session-Mon/Wed/Fri, 8:30 - 9:30 a.m.
Weekend session-Sat/Sun, 8:30 - 9:30 a.m.
Early bird session-Tues/Thurs/Fri. 6:00 - 7:00 a.m.

All Cycle & Sculpt classes are on-going.

Sharon Stewart

Pilates \$50/\$80

Body conditioning based on the Pilates method which focuses on stomach, thighs & buttocks. All fitness levels. Bring mat or order one from The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Mondays/Wednesdays, January 4 - March 10
5:15 - 6:15 p.m.

(10/20 sessions)

Tina de la Bruere

Cycle w/ Jacques \$6/class*

*Take an indoor cycle ride using music to create the journey to put your endurance to the test. Climb hills, tackle the open road, enjoy the ride while strengthening your cardiovascular capacity. *Price is for drop-ins. Save by prepaying! (January 2 - March 29)*

NEWPORT Wellness Center Fitness Facility
Saturdays/Sundays, 7:30 - 8:30 a.m.
Mondays, 6:00 - 7:00 a.m.

Jacques' Cycle classes are on-going.

Jacques Hebert



Kids Tae Kwon Do

For children ages 6 and up. Helps children develop a strong sense of confidence and sportsmanship. Increases flexibility, coordination, and ability in self-defense.

NEWPORT Wellness Center Fitness Facility
Wednesdays, 6:15 - 7:00 p.m.
Fridays, 5:00 - 5:45 p.m.
January 6 - March 31



Family Tae Kwon Do

For kids and adults. Promotes family unity. Increases flexibility, coordination, ability in self-defense & self esteem.

NEWPORT Wellness Center Fitness Facility
Wednesdays, 7:00 - 7:45 p.m.
Fridays, 5:45 - 6:30 p.m.
January 8 - March 26

TKD Membership fees - full membership for classes in Newport and Morrisville

Single person \$65/month

Two from same family: \$100/month

Family of three or more: \$135/month

Rick Dunlavey, Black Belt Academy

Total Fitness \$50/\$80

GET SERIOUS in this intense workout designed to improve cardio and muscular strength, increase flexibility, and lower body fat. This series of classes will include a variety of basic exercise approaches for total body fitness.

NEWPORT Wellness Center Fitness Facility
Tuesdays/Thursdays, January 5 - March 11
5:00 - 6:00 p.m.

(10/20 sessions)

Deborah Jacobs

Dancerobics w/ Cindy \$50

An aerobic dance and exercise program done to music. A good workout and lots of fun.

NEWPORT Wellness Center Fitness Facility
Mondays, January 4 - March 8
7:15 - 8:15 p.m.

(10 sessions)



Cindy Stone

Osteoporosis is a common disease that older people can have without any signs or symptoms. It is associated with weaker bones that have a greater risk for breaking. North Country Hospital has just installed a new, state-of-the-art DXA system that will help to determine if your bone health is at risk. Please discuss your concerns with your health care provider to determine whether you should be referred for a painless, non-invasive DXA exam.