

HARTLAND

EST. 2018

WELLNESS CENTER



Monday Motivation With Stacey

Have you been keeping up with Stacey’s weekly blog? Why not!? Each week Stacey breaks down another ‘healthful’ hurdle in our daily lives, stomps a myth into submission, or simply gives us all a bit of her journey as a trainer with over twenty five years experience.

CHANGES TO THE SCHEDULE

We are excited, and a little sad, to announce some summer changes to our class lineup. As always, you can find the most up to date schedule on our website!

PoundFit: For June, PoundFit will only be running on Sundays at 9:00am. Shannon may bring an impromptu class during the week, as her new schedule allows. Keep an eye on the Facebook page and website!

Spinning: These classes have been a hit with the community. We are increasing classes and looking for another Spinning instructor. See the reverse side for updates to the Spinning Pass Program.

Zumba/Zumbini: Zumba will be taking over the Thursday 6pm slot for the summer and we are bringing in a kids level, Zumbini! If you hold a membership, your kids can join this class **FREE** of charge!

SMALL GROUP CLASSES

Kids Dance Class

Starting June 4th
Ages 3-6 Mondays 12:00-1:00pm
Ages 7-9 Saturdays 12:00-1:00pm
\$75.00 per student per 6 Week program

Recital at Damon Hall: Date TBA
The goal of this class is to foster creativity, freedom, and expression of movement. Split into groups by ages, children will develop skills using effort and form to move their body to music

Couch to 5K

Starting June 6th
Wednesdays at 6:45pm & Sundays at 8:00am
\$85.00: includes training, T Shirts, and entry into a 5K

Join our fun, friendly running group! This is open to all experience levels and comes with a nutrition consultation, tips, and personal coaching.

Weekend Warrior

Saturdays & Sundays 8:00am
June 9-July 1st
\$45 One Day Per Week
\$55 Two Days Per Week
Are you ready for a challenge? Push yourself in this 4 Week Calorie Burning, Strength training, workout!

Full descriptions of all small group classes can be found on our website.

MASSAGE THERAPY WITH BARBARA BERGMAN

Barbara specializes in Swedish, hot stone therapy, reflexology, and polarity energy. Each session is customized to the clients needs.

\$40 Half Hour

\$75 Hour

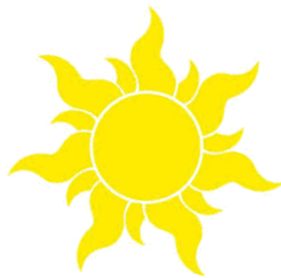
\$45 Half Hour Hot Stone

\$85 Hour Hot Stone

Call for Appointment:

[508-331-0073](tel:508-331-0073)

FREE Upgrade to hot stone with all hour sessions booked through June 30th 2018



Hartland Wellness Center

2 Quechee Rd, Hartland, VT

HartlandWellnessCenter@gmail.com

www.HartlandWellnessCenter.com



PERSONAL TRAINING & NUTRITION COUNSELING

Stacey Mello & Ruthie Silver offer nutrition counseling and personalized one-on-one training outside of our normal group and small group classes.

Have you been working out, on your own, and not seeing the results you want?

Are you doing the right exercise for your body's needs?

Are you getting enough calories in a day?

Prices vary; Member discounts available.

Talk to Stacey or Ruthie today!!

THE NEW SPINNING PROGRAM

Join us for one of the most fun cardio experiences in the Upper Valley! Space is limited for these classes and requires bike be reserved 24 hours before the class unless otherwise noted.

Class Times:

Monday 4:15pm

Tuesday 6:00am*

Wednesday 4:30pm

Thursday 6:00am*

Saturday 9:15am

*You MUST pre-register for 6am classes by May 30th. Text Stacey at 603.703.6757

Price:

\$100.00- 10 class punch card- Expires 4 weeks from purchase

\$150.00- 15 class punch card -Expires 6 weeks from purchase