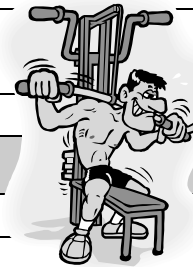




# Health Clubs

All American Fitness and Training Center	
Contact	Rick or Dave
Address	1881 Williston Road, South Burlington
Phone Number	(802) 865-3068
Description	Unlimited tanning, open 24 hours, free spinning, free day care, cardio-box
Availability/hrs.	Open 24 hours
Supervision	Two certified trainers
Cost	Over 50 fitness rate. Special discount - \$38.99 per month includes everything. One year contract negotiable.
Accessibility	Open 24 hours on Williston Road and Kennedy Drive
Other	Rick is 52 years old and is the past Mr. America for 1985. He wrote the Book on <i>Fitness Super Shape – Today</i>

The Fitness Center	
Contact	Christine LaDuke
Address	29 Church Street, Burlington, VT 05401
Phone Number	(802) 651-8773
Description	Health Club – full fitness facility
Availability/hrs.	Mondays through Fridays - 6:00 .am. - 8:30 pm, Saturdays - 8:00 a.m. - 4:00 p.m., and Sundays 9:00 a.m. - 4:00 p.m.
Supervision	Certified Personal Trainers
Cost	Varied, call for more info
Accessibility	Right on Church Street below Borders Books
Other	New equipment and many upgrades.



Greater Burlington YMCA	
Contact	Kevin Hatin
Address	266 College Street, Burlington, Vermont 05401
Phone Number	(802) 862-9622
Description	“Forever Fit” Gym and pool programs, Free Senior Swim (Friday, 2:00 - 4:00 p.m.), Senior Strength Training, Diabetes exercise class, Yoga, “Prime Time” Fitness over 55 cardio classes.
Availability/hrs.	8 week sessions available. Monday - Friday (6 am – 10 pm), Saturday (7 am - 8 pm), Sunday (8 am - 7 pm)
Supervision	Certified, CPR trained instructors – Lifeguards on duty
Cost	Price varies based on program and membership. Financial assistance available
Accessibility	Parking is on the street. Wheelchair accessible through rear entrance
Other	For adults over 50. Memberships optional

<b>Jazzercise of Burlington</b>	
Contact	Pamela Fontaine
Address	Heineberg Senior Center, 14 Heineberg Road, Burlington 05401
Phone Number	(802)951-1133 or <a href="http://www.jazzercise.com">www.jazzercise.com</a>
Description	Simply Jazzercise: Simple walking/marching patterns combined with strength training to provide overall conditioning. Very safe, very effective for the active older adult
Availability/hrs.	Monday - 10:30 am, Thursday - 10:30 am, Friday 10:30 am also Strength Training - Tuesday and Thursday 10:15
Supervision	Instructor and Class Manager on-site incase of emergency
Cost	1 <sup>st</sup> class free! \$25.00 EFT per month. \$69/8 weeks. \$5.00 walk in.
Accessibility	Wheelchair accessible
Other	Class time may change, please call ahead to confirm. Open program also appropriate for individuals that are overweight, have CFS/Fibramyalgia, other chronic illnesses that may hinder their ability to exercise, and individuals recovering from injury.

<b>The Olympiad Health Racquet Fitness Club</b>	
Contact	Michael Provost
Address	70 Farrell Street, South Burlington, Vermont 05403
Phone Number	(802) 863-4299
Description	<i>"Health through Fitness"</i> . 36 sessions, physical therapy screening, strength, cardiovascular and flexibility training. All in individual prescriptions including cardiac and diabetes limitations
Availability/hrs.	Individual appointments and schedules set up. Three times a week between 6:00 a.m. and 9:00 p.m., Monday through Friday
Supervision	One on One, In-house certified trainer, 36 sessions
Cost	Reference Senior Discount
Accessibility	*Must be able to climb stairs to get to club. Doctors approval form is needed.

<b>The Racquet's Edge</b>	
Contact	Ann Hughes
Address	4 Morse & Gaithier Drive, Essex Junction, Vermont 05452
Phone Number	(802) 879-7734
Description	<i>"The Plus Side"</i> Exercise classes, chair, T'ai Chi, aquatic exercise programs, arthritis program, yoga, indoor track, climbing wall, tennis, racquetball, dance classes plus social activities, such as bridge, monthly luncheons and "coffee break". Free senior swims on Friday from 11:30 a.m. - 1 p.m. Grandparent swims on Sundays 11:30 a.m. - 1 p.m.
Availability/hrs.	Please call for current program calendar. Monday - Thursday 5:00 a.m. - 10:30 p.m., Friday 5:00 am-9:00 pm Saturdays 7:00 a.m. - 8:00 p.m. and Sundays 7:00 a.m. - 9:00 p.m.
Supervision	There is a trainer available Monday, Wednesday and Friday for the equipment.

	Water programs are led by instructors with all classes. Lifeguards on duty only at specific times. Certified Instructors are CPR trained.
Cost	Depends on when you want to go: approx. \$45.00 per month. Call for specifics.
Accessibility	Wheelchair accessible - including pools. Ample parking
Other	For adults over 60 years - must be a member for some programs. There is a Women's Fitness Center available

<b>Twin Oaks</b>	
Contact	Sherry Brown
Address	75 Farrell Street, So. Burlington, Vermont 05403
Phone Number	(802) 658-0002
Description	"Senior Golden Oaks" Wellness consultation, strength training, planned health and fitness program, wide variety of classes on land and in water, indoor track, monthly coffee socials, lecture services, monthly blood pressure checks, grandparent preschooler play dates, social brunches
Availability/hrs.	Call for schedule of events. Designated hours at Farrell Street (especially for Golden Oaks Members) Open all day seven days a week.
Supervision	Certified instructors are CPR trained. Lifeguards on duty. Senior Fitness Association Certified Personal Trainer for consultation
Cost	Memberships available 3 months – 1 year. Call for pricing. Rehabilitation memberships also available.
Accessibility	Pool is accessible, as is the entire facility. Ample parking
Other	Designed for those over 60

<b>The Woolen Mill Health Club</b>	
Contact	Jackie Fillion
Address	20 West Canal Street, Winooski 05404
Phone Number	(802) 655-2399
Description	Full facility, nautilus, free weights, cardio machines, aqua aerobics. Senior aerobics, Ashtanga Yoga, Jazzercise
Availability/hrs.	Monday – Thursday, 6:00 am – 9:30 pm, Friday 6: am – 9:00 pm, Saturday and Sunday, 9 am – 5 pm
Supervision	Trainers on duty all the time
Cost	Call for pricing
Accessibility	Handicap parking in rear, a few steps to pool
Other	Pool temperature is 84 degrees



# Programs in Senior Housing

Converse Home	
Contact	Amy Jelen
Address	272 Church Street, Burlington, Vermont 05401
Phone Number	(802) 862-0401
Description	Twice a week chair exercise and stretch program.
Availability/hrs.	Tuesdays and Fridays, 10:30 a.m. - 11:15 a.m.
Supervision	Certified exercise instructor
Cost	Limited to Converse Home residents due to space constraints.
Accessibility	Wheelchair accessible

Wake Robin	
Contact	Susan DuCharme, Activities Coordinator
Address	200 Wake Robin Drive, Shelburne, Vermont 05482
Phone Number	(802) 264-5100
Description	Exercise room and fitness equipment, Fitness programs including: T'ai Chi, stretching and yoga. On-site trails for walking and cross-country skiing. Aquatic Center offering aquatic classes, PT and lap/free swim time
Availability/hrs.	For residents only.
Supervision	Depends on activity, no lifeguard at pool, some monitored swim times.
Cost	Cost depends on class. Exercise Room, Aquatic class and lap/free swim are free
Accessibility	Wake Robin is fully accessible
Other	Must be a resident of Wake Robin

Williston Woods Cooperative Housing Corporation	
Contact	Sabina Chabot
Address	126 Williston Woods Road, Williston, Vermont 05495
Phone Number	(802) 879-1740
Description	T'ai Chi, stretching, strength training
Availability/hrs.	3 times a week (Mon, Wed, Fri) 8:00 am – 9:00 am, winter hours 9-10 am
Supervision	Resident instructor
Cost	FREE
Accessibility	Wheelchair accessible
Other	Residents only. Must sign a waiver



# Programs in Senior Centers

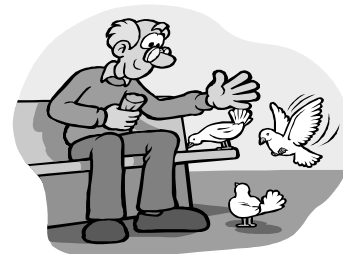
Senior Centers are a resource for many types of activities for older adults. Don't forget your nutritional and mental health! Senior Centers offer many types of activities and programs no matter what your physical abilities. These lists are not exhaustive and do change. Please call your local senior center for details.

Champlain Community Senior Center	
Contact	Syndi Zook
Address	7 Aspen Drive, S. Burlington, Vermont 05403
Phone Number	(802) 658-3585
Description	T'ai Chi, Yoga, Armchair aerobics, beginner and intermediate aerobics, line dancing, percussion group, strength training, intergenerational dance group, walking club and Jazzercise, painting, book club.
Availability/hrs.	Call for schedule. Schedule changes monthly.
Supervision	Instructor led classes
Cost	Most classes are free
Accessibility	Fully accessible.
Other	People over 55 years of age

Essex Junction Senior Center	
Contact	Kay Helfrich
Address	2 Lincoln Hall, Essex Junction
Phone Number	(802) 878-6940
Description	"Sit and Fit" Video exercise on Fridays.
Availability/hrs.	Call for availability.
Cost	FREE

Heineberg Senior Center	
Contact	Gail Moreau
Address	14 Heineberg Road, Burlington, Vermont 05401 champlainseniorcenter.org
Phone Number	(802) 863-3982
Description	Tai Chi, Line dancing with opportunity to join the performance group, "The High Steppers", Tap class, Beginner and intermediate aerobics and strength training. Aerobics, and Jazzercise classes
Availability/hrs.	Call for schedule
Supervision	Instructor led classes. Certified T'ai Chi instructor
Cost	Fees range from free to \$3.00 per class
Accessibility	Fully accessible. Must be able to stand to fully participate in T'ai Chi
Other	People over 55 years of age. Class size limited to 25

# Parks & Recreation Senior Programs



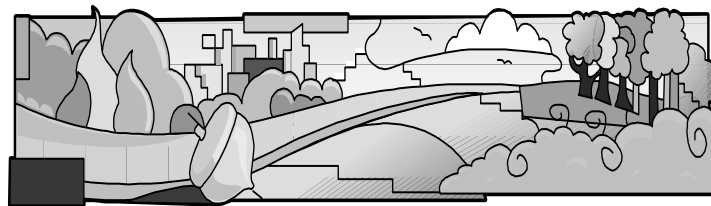
Burlington Parks and Recreation	
Contact	Justin Lippe
Address	645 Pine Street Suite B, Burlington, VT 05401 www.enjoyburlington.com
Phone Number	(802) 864-7091
Description	Senior Adult Programs - Exercise and strength training classes, Tap dance, Line dancing, Yoga, "Play Days", Green Mountain Senior Games Competition
Availability/hrs.	Call for schedule.
Supervision	Instructor from Burlington Parks and Recreation
Cost	Depends on program
Accessibility	Site dependent
Other	Adults over 55 years of age

Colchester Parks and Recreation	
Contact	Derek Mitchell
Address	P.O. Box 55, Colchester, Vermont 05446 www.town.colchester.vt.us
Phone Number	(803) 655-0811 ext. 3
Description	Variety of seasonal programs such as ice skating (Leddy Park), swimming (St. Michael's Ross Sports Center) and trips are available.
Availability/hrs.	Call for schedule.
Supervision	Each facility has own staff. Walking and skating have parks and rec staff involved
Cost	Varies by program
Accessibility	Site dependent
Other	Call for further information. Many activities can include the whole family

South Burlington Recreation Department	
Contact	Tom Hubbard
Address	575 Dorset Street, So. Burlington, Vermont 05403
Phone Number	(802) 866-4108
Description	Light Jazzercise. Meets in the large conference room in the City Office Building on Dorset Street. South Burlington Senior Club (September – June).
Availability/hrs.	Monday, Wednesday, and Friday ongoing
Supervision	Qualified instructor
Cost	Punch pass available - Call for details.

<b>Williston Recreation Department</b>	
Contact	Kevin Finnegan, Director
Address	7900 Williston Road, Williston, VT 05495
Phone Number	(802) 878-1239
Description	Variety of programs such as aerobics, indoor walking, computer classes, craft classes, ballroom dancing, golf and more!
Availability/hrs.	Call for a program guide
Supervision	Varies with program
Cost	Varies with program
Accessibility	Site dependent

## Community Recreation Paths



For many lucky older adults, recreation paths are readily available. Burlington, Colchester, Essex/Essex Jct., Milton, South Burlington and Williston all have beautiful, well-maintained paths. You can walk, run, wheel, roller blade or bike safely away from the hazards of automobile traffic. Here are a few tips to make this a safe and enjoyable venture:

- Always walk with a human companion. All dogs are not Lassie and a friend could be invaluable if a problem occurred while you were out. Let someone know where you are going and when to expect you back.
- Dress appropriately for the activity - proper footwear, weather appropriate clothing, appropriate protective equipment - helmet, padding, etc.
- Bring a flashlight if it may get dark while you are out.
- Bring a filled water bottle.
- Don't wear headphones that prevent you from hearing what is going on around you.
- Don't bring valuables with you.
- Carry identification with you.



# Long Term Care Facility Programs

All Long Term Care Facilities have fitness programs for their residents. Formal programs with physical, occupational and speech-language therapies are provided as indicated. Most offer a chair exercise program, bowling, stretching and other programs through their Recreation Therapy Programs.

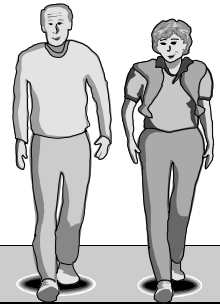


# Health Focused Programs

Arthritis Foundation Aquatic Program	
Contact	Arthritis Foundation Northern New England Chapter
Address	257 So. Union Street, Burlington, Vermont 05401
Phone Number	(802) 864-4988
Description	Warm water, recreational exercise program designed to safely keep joints moving. May help decrease pain and stiffness, maintain flexibility, no swimming skills needed.
Availability/hrs.	Offered by various local health clubs and facilities.
Supervision	Classes led by staff trained to facilitate this arthritis program.
Cost	Program fees vary and are set by each facility
Accessibility	Sites offering the program are accessible
Other	The Arthritis Foundation offers a variety of land and water exercise videotapes for people with arthritis. Prices range from \$19.50 - \$30. A list of videos is available from the Foundation Videos (for purchase or to borrow).
Cardiac Rehab Program	
Contact	Laura Howland
Address	62 Tilley Drive, S. Burlington, VT 05403
Phone Number	(802) 656-4514
Description	Exercise/Prevention Program for heart patients, doctor referral – Research program for older heart patients
Availability/hrs.	Monday – Friday, 8:00 am – 6:00 pm
Supervision	Physician/Nurse
Cost	Variable, Health Insurance may cover
Accessibility	Elevator, walk from parking

Diabetes Exercise Class	
Contact	Kevin Hatin
Address	YMCA, 266 College Street, Burlington, Vermont 05401
Phone Number	(802) 862-9622
Description	Low-impact aerobics or Aqua aerobics
Availability/hrs.	Scheduled 12 week sessions. Call for information and to register
Supervision	Monitored by medical personnel. Must be physician referred
Cost	First 12 weeks free – Sponsored by Fletcher Allen Health Care Community Health Improvement
Accessibility	Parking on the street. Wheelchair accessible
Other	Must have diabetes. Must be physician referred. Must preregister. Celebration lunch with Nutrition Workshop by registered dietitian at conclusion of sessions.

# Community Based Programs



Get Moving Champlain Valley	
Contact	Jaime Gagnon
Address	c/o United Way of Chittenden Cty., 95 St. Paul St., Ste. 210 Burlington, VT 05401
Phone Number	(802) 864-7541 x15
Description	“Get Moving” is an initiative of the Champlain Initiative . This physical activity incentive program is to encourage individuals of all ages and abilities to be physically active. You choose type of fitness program and keep a record for each 30 minute block of activity in a log.
Availability/hrs.	Call for a current calendar of activities available, all free or low cost. They vary from walking and swimming to aerobics. You can choose any activity you wish.
Supervision	This is a self monitored program. Consult your health care provider before beginning any new physical activity.
Cost	Most are free - see quarterly activity calendar available through The Champlain Initiative.
Accessibility	Depends on location - call ahead if there are concerns
Other	You will receive a recognition certificate signed by the Governor and be eligible for quarterly prize drawings and t-shirts upon completed log.

The Governor’s Walking Challenge	
Contact	Jill Nye-McKeown
Address	Vt. Dept. of Health, Health Promotion, P.O. Box 70, Burlington, VT 05402
Phone Number	(802) 651-1869 or (800) 464-4343
Description	Goal is to recognize individuals who walk for exercise at three levels: 50, 100 and 500 miles. Also, to encourage Vermonters to get 30 minutes of physical activity every day. Walking is done independently and recorded.
Availability/Hrs.	Ongoing program
Supervision	No supervision. Consult your health care provider before beginning any new physical activity.
Cost	Free
Accessibility	Up to participant. Walk anywhere you choose three times per week for at least 20-30 minutes. See Mall Walking Program.
Other	Call to get a log sheet to keep track of your mileage. Detailed information about awards and participation are included.



Mall Walking – General	
Description	Walk in climate controlled environment
Availability/hrs.	Check mall hours – some open early before regular store ours
Supervision	No supervision. Consult your health care providers before beginning any new physical activity.
Cost	Free except for parking fees when necessary
Accessibility	Parking in garage, in mall parking lots and on the street. Plan on a walk to get there and back
Other	Dress for more moderate temperatures indoors and wear appropriate footwear

University Mall Walkers	
Contact	Geri-Ann Higgins
Address	University Mall, South Burlington, Vermont 05403
Phone Number	(802) 863-1066
Description	Walk in a safe & climate controlled environment and safety
Availability/hrs.	Monday – Saturday (5 a.m. to 9:30 p.m.), Sunday (7 a.m. - 6:00 p.m.) Open before regular store hours to decrease congestion
Supervision	No supervision. Consult you health care providers before beginning any new physical activity
Cost	Free – arn rewards when you sign up at customer service desk
Accessibility	Accessible. Ample parking, but plan for a walk to and from car.
Other	Dress for more moderate temperatures indoors and wear appropriate footwear

**Fundraiser's**



Alzheimer's Association VT & NH Chapter	
Contact	Gail Deuso
Address	P.O. Box 1139, 338 River Street, Montpelier, VT 05601
Phone Number	1-800-698-1022
Description	Consider participating in one of the many walking fundraisers that occur throughout the month. "Chittenden County Memory Walk" and service organization. Help Line provides support to patients and families 1-800-536-8864.
Availability/hrs.	Saturday October 2, 2004 Register at University Mall 9 a.m., Walk starts 10 a.m.
Other	Fundraiser for the Vermont Chapter of the Alzheimer's Association

American Diabetes Association - Vermont Affiliate	
Contact	Phil Forsyth
Address	77 Hegeman Avenue, Colchester, Vermont 05446
Phone Number	(802) 654-7716
Description	America's Walk for Diabetes – call for more information. Six locations: Burlington, Middlebury, Newport, Rutland, Montpelier, Brattleboro
Availability/hrs.	Call for more details
Other	Fundraiser for the American Diabetes Association. Proceeds support diabetes research, education and advocacy.

American Heart Association – Vermont Affiliate	
Contact	Becky Cook
Address	434 Hurricane Lane, P.O. Box 485, Williston , Vermont 05945
Phone Number	(802) 288-8306
Description	American Heart Walk - 3 mile walk
Availability/hrs.	May - call for more information
Other	Fundraiser for the American Heart Association

Committee on Temporary Shelter (COTS)	
Contact	Sally Ballin
Address	P.O. Box 1616, Burlington, Vermont 05401 Cotsonline.org
Phone Number	(802) 864-7402
Description	Cots Walk - Call for details. Burlington location - tour shelters
Availability/hrs.	May 1 <sup>st</sup> , Battery Park

# Transportation



**I'd love to exercise but I don't have a car.**

**How can I get there???**

Transportation is often a barrier to participating in fitness activities. Special Services Transportation Agency (SSTA) has a variety of service options for those who need a ride to a recreation site or fitness program. Both individuals and groups can be accommodated. Persons with wheelchairs can use the lift equipped vans to get to their destinations.



**Call for more information  
about the services available from  
SSTA at (802) 655-7880.**