



Professional Trainers are always available to help you reach your wellness goals at no charge

Summer, 2017

www.maplerun.org/o/cpsc

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Staff Highlights



Joey Tucker: Joey joined the Collins Perley training staff in the fall of 2012. After losing 80 lbs. he decided he wanted to become a personal trainer. He likes to share his knowledge of being active and losing weight with those who are struggling with it as he did. Joey received his Personal Trainer Certification from the International Sports Sciences Association (ISSA).



Mike Mashtare: Mike has been involved with helping people get or stay healthy for over 30 years as a Physical Education teacher and coach of Cross Country Running, Nordic Skiing, and Track and Field. After being a Spinning® participant, Mike has decided to take his endurance training to the front of the class as a Certified Spinning® Instructor.

RENOVATIONS NEARLY COMPLETE

First Change of Space Since We Opened in 1985!

The current demands of BFA Phys Ed classes and the continued growth of our Community Wellness Classes, combined with the need to improve air quality and comfort, were key factors that motivated the Collins Perley Board of Directors to embark on this ambitious project.

Collins Perley Manager, Dave Kimel said: "HVAC (heating, ventilating, and air conditioning) is critical not just to comfort but also to effective training. If a room feels stuffy, it doesn't just mean you're sharing space with a bunch of your peers who are sweating, it means the air in the room lacks adequate oxygen for peak performance. Use in the three rooms that we are modifying has changed over the years and the 32-year-old air handlers don't work as well as they were designed to work. We could not justify the cost of these upgrades for any single purpose. The project, as a whole, not only makes sense... it is critical to helping us reach our mission of *"providing maximum wellness opportunities to the maximum number of people in our region."*

Racquetball: While racquetball play is down both locally (Collins Perley has seen a decrease of 85% of racquetball players since 2007) and nationally (over 50%, which is the third-biggest decline notched among 103 sports and fitness activities tracked by the annual Superstudy of Sports Participation), we recognize it is a great sport for many. Office Manager, Trish Leblanc said: "We think racquetball is a great sport but we recognize its popularity has been declining. We suspect it's less because people don't enjoy it and more because there are so many other options. We feel that by making one great and comfortable year-round court we will see more people playing racquetball more often. We designed the modifications so if demand for racquetball increases, we can still convert the old court back to racquetball." Racquetball is one of the few racquet sports that can only be played indoors. Summers indoors, in a small enclosed room, with hot lights, and without air conditioning does not make for great comfort. This project will include refinishing the floor, tightening wall panels, adding increased air flow, and creating the first ever air-conditioned racquetball court in Franklin County.

(cont. on page 3)



July 28th: Super Sizzler - a luncheon with music and dancing. Open to the public. \$5 for seniors (60 and over), and \$6 for anyone under 60.

August 12th, 7:00pm: President's own band (free admission).

August 25th: Convocation - All coming together Maple Run Unified School District.

NEW CLASS ALERT

Wake up with PIYO!!: 6:00AM Wednesday mornings. Instructor Rhonda Fletcher will work your core, build strength and stretch those muscles. You'll walk away ready to tackle HUMP DAY!

WORK HARD & BE PROUD OF WHAT YOU ACHIEVE

believe-to-achieve.tumblr.com

Check out

maplerun.org/o/cpsc/events
for up-to-date exercise classes

Bellows Free Academy Athletic Schedules
View the BFA Athletic schedule online:
bfa.fcsuvt.org/athletics-calendar



Champ Senior Games 2017 Pickleball Championships

Wednesday and Thursday, August 2 & 3, 2017

Women's Doubles will be Wednesday starting at 9:00am with B players with A's to follow; Men's Doubles will be Thursday starting at 9:00am with B players with A's to follow. Check-in required at least 30 minutes prior to event. Registration fee: \$12.00. Pick up your registration form at the front desk at Collins Perley.

Competition is open to anyone at least 50 years old by 12/31/17. Vermont is an "Open" state. Non-Vermont residents are eligible to compete. Tournament size is limited to the first 76 registrations. Non-resident registration will open July 20th.

Contact Sue Tebbetts for more information: 802/578-5918



Pickleball is in Full Swing!

Pickleball is a blend of badminton, ping pong, tennis and racquetball. It is played on an area that's one-third the size of a tennis court and equipment includes lightweight paddles and Wiffle-type balls. Even though the rules are simple and the game is easy for beginners to learn, it can develop quickly into a fast-paced, competitive game for experienced players while providing a full cardiovascular workout.

The general rules of Pickleball are easy. The ball is served diagonally and points can only be scored by the side that serves. Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent "spiking." The server continues to serve, alternating service courts, until faulting. The first side to score 11 points and leading by at least two points wins. Games last 20 to 30 minutes. Pickleball can be played with singles or doubles.

Every Monday, Wednesday and Friday, between 10:00am-12:00pm, we invite you to come to Collins Perley and experience this exciting game for yourself. If you do not have a paddle or ball, just ask the front desk and we would be more than happy to provide you with the required equipment. Cost is just \$5.00 per day, or buy a 10-punch card for \$40. We have first time players nearly every week so beginners are always welcome.

Collins Perley Sports & Fitness Summer Special 2017



*Meet all your fitness needs from now until
September 4th for a full summer of savings!!!*

Summer Fitness: Covers full use of our weight and cardiovascular center. It includes an evaluation and personalized program. We always have a trainer on duty and we have full locker room facilities.

Individual \$89 Save over \$22!!!

Couple \$131 Save over \$36!!!

Summer VIP: Includes everything above PLUS use of our 4 indoor tennis courts and exercise classes (Spinning® requires an additional \$5 fee).

Individual \$171 Save over \$90!!!

Couple \$263 Save over \$129!!!

Summer ULC (unlimited class)/Fitness: Covers full use of the Fitness Gym and all classes, including Spinning®, at no extra fees (unlimited).

Individual \$188 • Couple \$291

Summer Student Membership (students must be 14 years and older): Covers full use of our weight and cardiovascular center. It includes a fitness evaluation and personalized program. We always have a trainer on duty. This membership includes unlimited classes (Spinning® requires an additional \$5 fee), tennis, racquetball, wallyball, basketball, and locker room facilities.

All Students: \$35 Always a great deal!!!

Yearly Student Memberships Are Available

18 years and under: Franklin County Res. \$77/Non-Res. \$155

Full-time College students: Franklin County Res. \$119/Non-Res. \$184

**FREE running track and walking path.
Plenty of free parking and so much more!
Call 527-1202 or visit us today!**



summer tennis camp

at Collins Perley Sports & Fitness

Summer tennis camp includes instruction, practice, and opportunities for competition with other camps in the area. Stop in during one of the times listed below for open enrollment:

Days and Times of Camp: Every Monday morning through August 21. Stop in for

- New and novice players: 10:00am – 11:00am
- Intermediate & advanced players: 11:00am – 12:00am

Other requirements:

- Completion of "Accident Waiver Form"
- Completion of "Contact Information"

Questions and pre-registration, please contact either:

Bill Cain (wjcain50@gmail.com), or

Stephanie Hodgeman (shodgeman@maplerun.org)

Spring Fever

Spring is the season we find the energy to take the necessary action that can push tentative new beginnings into full awakening. The same thing is happening here at Collins Perley. There is change afoot. Over the last couple of months, you may have noticed all the new construction happening inside the building. We are restructuring the facility to meet the community and the school's ever-changing needs. Some of these changes are:

- Installation of a state of the art heating, ventilating, and air conditioning (HVAC) system in the existing Wellness Studio, Racquetball Court One, and our new Wellness Studio II.
- Our Wellness Studio will provide great temperature, humidity, and fresh air control to insure maximum comfort and performance.
- A second Wellness Studio with 800 square feet of floor space, terrific acoustics and programable special effects lights. This room will not only provide great space for a variety of wellness classes, it will serve as a meeting room, party room, and could even be used for fun events like Karaoke.
- Racquetball Court upgrades include the County's first air-conditioned racquetball court – ever! This upgrade is more than just about heating and cooling... it is about bringing fresh air into this confined space to satisfy the needs of any group, at any time. This state of the art system will monitor not only temperature but air quality as well by measuring

the amount of carbon monoxide created from the activity in the room and adjusting turnover of air accordingly.

When our metabolic rates are elevated through exercise, our bodies need more energy, which means our tissues consume more oxygen. Consuming more oxygen means the production of more carbon dioxide. The ratio of carbon dioxide produced per oxygen consumed also increases during exercise because a shift from fat to carbohydrate utilization takes place. At the most challenging work rates, you burn carbohydrates exclusively and produce 1.0 liter of carbon dioxide for every liter of oxygen you consume. With the new HVAC system, this CO₂ will be removed from the space and replaced with clean air.

(cont. from page 1: Renovations Nearly Complete)

Wellness Studio II: The room that has been racquetball court 2 will be converted to Wellness Studio II. Fitness Gym Manager, Adam Parent explained: "The Wellness Studio is used for so much more than formal wellness classes and school Phys Ed. More and more people are combining exercise programs that include classes, Fitness Gym exercise programs, and other activities all requiring space. It isn't unusual for someone who works out in the gym to use the Wellness Studio for stretching or floor exercises. Some may even use the room to hit a punching bag or do some break dancing. We want to offer the largest number of options to all our guests to keep them interested and excited about staying healthy."

Collins Perley Wellness Manager Beth Hayford said: "I believe the efforts of Northwestern Medical Center, Rise VT, our school system, other local gyms and healing centers, and, of course our work at Collins Perley have led Franklin County residents to become more health conscious. The decision by a number of major employers to offer wellness programs through Collins Perley or other facilities has proven very important. The St. Albans Messenger regularly prints important information about the need for healthy living and the opportunities people have to live healthier lives. I work closely with all of our 12 instructors to consider new class offerings, days, and times to reach more people. Our Instructors are expanding their certifications and trainings to offer more options. I really think the dedication and professionalism of our staff has contributed to the large number of people who are living healthier. To continue, we need more space. To do the best we can, we need this new HVAC system to improve comfort and performance. I can't wait!"

Collins Perley generally offers over 100 wellness classes every month. They include a number of different Spinning® or cycling classes for every level and interest as well as Zumba, Cardio Strength, and Pilates, just to name a few. We offer free trials on any class and are confident everyone can find a way to MAKE FITNESS FUN AT COLLINS PERLEY.



Collins Perley Contacts

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If you have any suggestion,
please email the editor,

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Collins Perley Board

The Collins Perley Board is comprised of representatives, one each, from: St. Albans City; St. Albans Town, St. Albans Recreation; The Collins Trust and the Perley Trust; Maple Run Board of Directors; BFA Administration; Member at Large. They are:

Mike Blouin

Claudette Bostwick

Al Corey

Harold "Butch" Hebert

Geoff Lyons

Kevin Manahan

Chris Mosca

Mary Pickener



Adam Parent: Outside Summer Fun

Now that the warmer weather is here, don't feel like you have to drag your butt inside for an hour or more to exercise. Below are some suggestions to keep yourself fit for the summer. All it takes is 20-30 minutes, 2-4 times a week, outside in the fresh air and summer sunshine.

- Walk ¼ mile (or 3 minutes), perform 25 reps of crunches, break for 30 seconds, repeat crunches for a total of 3 sets. Repeat walking and crunches 3 times to complete 1 mile.
- Start same as above, after first round of crunches, jog ½ mile, perform 15 jumping jacks, walk 100 meters, perform 50 reps of a bicycle crunch, 50 meters of grapevine, rotate 180 degrees, 50 more meters of grapevine, walk 100 meters, perform 20 toe touches, perform 50 reps of flutter kicks, walk 100 meters.
- Jog ½ mile, perform 10-20 push-ups or triceps dips, 20 walking lunges, repeat.

If it's raining outside or if you want to mix things up a bit, do the following:

- Cardio with resistance (bike, Arc Trainer, Stair Climber)
- Front lat pulldown: 15 reps, 30 seconds break period, repeat 2 more times
- DB bench press or flies: 15 reps, 30 seconds break period, repeat 2 more times
- Hanging knee raise: 15 reps, 30 seconds break period, repeat 2 more times



Free Physical Therapy Seminars Collins Perley is Hosting 3 Physical



Therapy Seminars with Northwestern Medical Center (NMC)

Collins Perley and NMC are teaming up to present 3 free physical therapy seminars at Collins Perley. Fitness Gym Manager Adam Parent will work with NMC therapists to provide meaningful seminars on the following topics and dates:

August 17, 4:00pm-5:00pm: Cores Stabilization – Come join Northwestern Medical Center's PTs Anne Cain and Pat Cervini to learn why core stabilization is such an important role in injury prevention. You'll learn how core stability prevents injuries from weight lifting to gardening. This session will teach you: which muscles make up your 'core', how to best target these muscles, and how to incorporate core strengthening and stabilization. You'll also learn the importance of balancing the core and common errors that can lead to injury when core is not addressed properly.

September 21, 4:00pm-5:00pm: Intro to Postural Restoration – Come join NMC's PT Natalie Shea where you'll be introduced to Postural Restoration; a therapeutic approach Northwestern Medical Center Physical Therapist's can provide. You'll learn the role our diaphragm plays in everything we do, fundamental concepts regarding our bodies asymmetry, review techniques and/or exercises that can assist you in maximizing postural awareness. She'll educate participants about typical asymmetrical patterns, explain how physical therapists incorporating PRI focus on correcting postural asymmetries and restoring neutrality and function. Lastly she'll discuss appropriate problems to treat using this technique

October 19, 4:00pm-5:00pm: Stretching – Come join Northwestern Medical Center's DPT Katherine Lowe to learn about safe stretches before and after your workout. This workshop will provide some examples of beneficial stretches to perform pre and post exercise, discussion regarding static versus dynamic stretching as well as a question/answer portion to address any stretching questions you may have!

Limited spots are available. Please contact the front desk at Collins Perley for more information: telephone – 802/527-1202, or email – aparent@maplerun.org.