

NEWS THAT FITS

WHERE FITNESS IS FUN



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

September, 2016

www.cpsc.fcsuvt.org

Volume 1 / Issue 6

Collins Perley Staff

Dave Kimel

Manager

dkimel@fcsuvt.org

(802) 527-1202 x10

Tim Viens

Assistant Manager

tvien@fcsuvt.org

(802) 527-1203 x12

Trish LeBlanc

Office Manager

tbleblanc@fcsuvt.org

(802) 527-1203 x0

Adam Parent

Fitness Gym Manager

aparent@fcsuvt.org

(802) 527-1202 x14

Beth Hayford

Wellness Coordinator

bhayford@fcsuvt.org

(802) 527-1202

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; BFA Board of Directors; BFA Administration; Member at Large. They are:

Harold "Butch" Hebert

Mike Blouin

Kevin Manahan

Al Corey

Claudette Bostwick

Chris Mosca

Geoff Lyons

If you have any suggestion, please email the editor, Gene Heinrich, at gheinrich@fcsuvt.org.



Message from Dave Kimel, Manager

Welcome Back to all the members of the Franklin Central Supervisory Union Family!

As the sun sets on yet another summer, I would like to welcome back all of the Franklin Central Supervisory Union faculty, staff, coaches, and especially the students and athletes, back to school and back to Collins Perley Sports and Fitness. I am positive that we will have another successful season of all variety of sporting events. In the coming months, Collins Perley will be hosting everything from soccer and football games; public skate and hockey games; new fitness classes ranging from senior stretch, balance and strength classes to Zumba and Yoga to Couch to 5K to name a few; and rounding out the year with the Collins Perley Holiday Craft Show on December 3-4.

The sights and sounds of a new academic and sports year are all around us and I am excited to welcome everyone back. I would like to take just a few minutes of your time to speak about something very important here at Collins Perley – and that is about spectator expectations when attending any sporting event at the Complex.

SPECTATOR EXPECTATIONS: *Respect decisions made by contest and school officials; refrain from taunting, booing, heckling and the use of inappropriate language; recognize and acknowledge outstanding performances by athletes on both teams; attendance at this contest is not license to verbally assault others or to be generally offensive; and respect athletes, coaches, officials and fans.*

And, most important, remember that these young men and ladies are students and not professional athletes. They will make errors in the course of competition, as will game officials and coaches. However, all participants are trying their best. Negative criticism and booing will not help them to improve and are unacceptable forms of expression at this event. You can



assist in their development as athletes by focusing attention on the positive aspects of their performance. Your cooperation is important and appreciated. So, remember:

BE A FAN... NOT A FANATIC!

PickleBall: Every Monday, Wednesday & Friday

September 16th: Homecoming

September 17th: Powderpuff Game

September 27th - December 13 every Tuesday 10:30 to 11:30 a.m.: CVAA's Tai Chi for Health & Balance

October 2nd: Buddy Walk

October 8th: Extreme Combat MMA

October 16th: Local Elk Soccer shoot out

October 31st: Blood drive

November 5th: Regional Elk Soccer shoot out

November 8th: Election Day

December 3rd & 4th: Winter Craft Show

Keep an eye on the Collins Perley website (cpssc.fcsuvt.org) for Public Skate & Stick and Puck schedule.

Bellows Free Academy Athletic Schedules

Click below to view the BFA Athletic schedule

<http://bfa.fcsuvt.org/athletics-calendar>

Dan Marlow, Athletic Director

802/527-6536; dmarlow@fcsuvt.org



Welcome Back to School BFA Students

Students are welcome to use the gym and our facilities as a part of BFA's After School Program. The program is run during the school year Monday thru Friday between the hours of 3-4 o'clock. This program has no cost for the students.

Membership rates are available for students who are looking for extended usage of the gym. Please check our website, or the brochure at the front desk.

For first time students using the gym during the after school program they will be taken through a tutorial with the trainer in the gym. The tutorial will include instruction, demonstration of exercises and equipment. The students perform the exercises demonstrated to them to show they understand how to use the equipment properly and perform the exercises safely.

Students are strongly encouraged to follow a specific exercise program. Experienced students can have more flexibility with their exercises and can possibly follow their own exercises after speaking with the trainer working in the gym.

All exercises must be recorded with a physical copy, not digital.

FIRST EVER CLASSES OFFERED IN VERMONT



Karen Bourdeau is now teaching STRONG by Zumba™. This class combines high intensity interval training with the science of Synced Music Motivation! In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Using your own body weight, you will improve muscular endurance, tone and definition! High intensity intervals will get your body burning calories long after you workout!

**Be one of the FIRST to try STRONG by Zumba!
Mondays, 6:45pm – 7:45pm**

IT TAKES TWO

**An 8 Week Partner Challenge
October 12 through November 30**

Accountability • Support • Success

Collins Perley Sports and Fitness Center is offer their faal Health and Wellness Challenge: It Takes Two. Find a partner and work with your coaches during the entire 8 weeks. Cost per person is \$110.00 (\$75.00 for VIP members).

Meet Your Coaches

Karen Bourdeau: Kelsey has been an athlete all her life and is truly passionate about health and wellness. She is a certified Spinning® Instructor as well as a Personal Trainer. She has been teaching Boot Camp classes since 2010 and Spinning® classes since 2011. Kelsey enjoys helping people reach their goals and challenge themselves.

Lille Bowler: Lille is a Fitness Coach and certified SPINNING® Instructor at Collins Perley. She has been teaching cardio & strength and SPINNING® classes since 2009. She has a great amount of experience working with people of all ages and fitness levels. Her constant goal is to help people live a healthy and active lifestyle.

Trudy Cioffi: Trudy began teaching group fitness classes at UVM while in college, and since then has gained a huge following. She maintains that fitness has been an important part of her life since high school. Her class is a total body workout, all while getting your heart rate pumping with some cardio. Her Cardio, Core and More class at Collins Perley is one of our most popular classes.

Andrea Gagner: Andrea has been a cycling Instructor since 2000 and has recently been certified as a SPINNING® Instructor. She has collaborated in developing and instructing numerous fitness classes over the past 4 years. She has participated in several road, obstacle course and Spartan® races. She instructs classes at several locations, including Collins Perley.

Beth Hayford: Beth's career in the fitness industry began in 1991. Since then she's worked as a SPINNING® Instructor, Personal Trainer, Massage Therapist, Health and Fitness Challenge Coach, as well as a Strength Class Instructor. She is certified by FITOUR® in Personal Training, SPINNING®, and Group Fitness. Beth teaches a variety of SPINNING® and exercise classes as well as group fitness challenges.

Kelsey Malboeuf: Kelsey has been an athlete all her life and is truly passionate about health and wellness. She is a certified SPINNING® Instructor as well as a Personal Trainer. She has been teaching Boot Camp classes since 2010 and SPINNING® classes since 2011. Kelsey enjoys helping people reach their goals and challenge themselves.

Stacey Tully: Stacey is certified in Pilates and Yoga. She is Group Fitness certified. She teaches Yoga and Pilates in morning and afternoon classes, and Sunday Stretch.

For more information, contact Beth Hayford at 527-1202; or email her at bhayford@fcsuvt.org.



Breathe Life Back into Your Spine

By Adam Parent

Over the summer we have had a few members mention that they are having neck problems, and they wanted to perform some exercises or stretches to help their pain. With some research we found and we want to share that deep breathing would help relax muscles in the neck and three stretches would help relieve their pain. If you have something holding you back speak with one of our trainers so they can help you get on path to recovery today.

Postural Awareness Breathing

Deep breathing is going to help you relax and engage your diaphragm muscle. When you breathe shallow the neck muscles contract. As you begin to breathe with your diaphragm you will be able to keep your neck muscles relaxed.



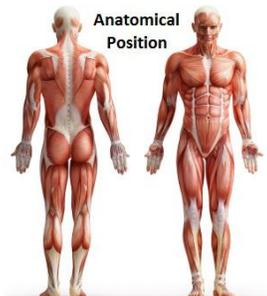
As you breathe, bring your awareness into the front of your chest and collar bones. Broaden your collar bones so the front of the chest lifts up. Drop your shoulder blades away from your ears, and lift the crown of your head towards the sky. Continue breathing this way for 10 deep breaths. Try to do this multiple times a day. Possibly every hour stop, breathe and notice your posture.

3 Stretches for Your Neck

On a scale of 1-10 with 10 being the most intense when you are stretching your neck muscles the most you ever want to reach is a 4. These muscles are very sensitive and when performing to intense of a stretch these muscles will not release.

1. Sub Occipital Muscle

- Begin with an anatomical position. Have your palms face forward and elevate your chest. Focus on keeping your ears over the top of your shoulders. Bring your shoulder blades together without trying too hard to contract these muscles. These muscles are engaged however not extremely holding firmly.
- Bring your non-dominate hand to chin. (This is to keep



your head from moving forward during the stretch.)

- Place your other hand at the base of your cranium. (Skull)
- Tilt your head down supporting with both hands.
- Hold position and take a deep diaphragmatic breath
- Perform 1-3 times
- Notice that there will not be a lot of movement with this stretch



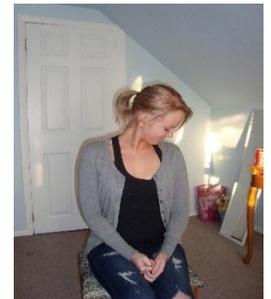
2. Scalene Muscle (Lateral Flexion)

- Begin with the anatomical position from the instruction above.
- Tilt your head laterally to one side bringing your ear to your shoulder.
- Hold and breathe 1-3 breaths
- Repeat with the opposite side. (One side is usually tighter than the other.)



3. Levator Scapula Stretch

- Begin with anatomical position from the first stretch.
- Tilt your head to one side. (Laterally as previous stretch.)
- Turn your head so the chin is in the mid line of Pec muscle. (Same side your head is tilting towards.)
- Flex your head down towards your chest.
- Hold and breathe 1-3 breaths
- Repeat on the opposite side.



We want to begin by stretching our neck because this will help us stay relaxed as we develop from small muscles to large muscles.

Adam Parent: Fitness Trainer/Manager

Adam manages the Fitness Gym at Collins Perley where he has been a National Strength and Conditioning Association (NSCA) Certified Personal Trainer since 2006 as well as a USA Weightlifting Level 1 Sports Performance Coach. He enjoys working with clients of all abilities. He has helped individuals with weight loss, running, strength training, muscle building, and joint rehabilitation. He has also helps clients with programs for continued progress and conditioning after cardiac rehabilitation. Adam also works as a Personal Trainer for private clients and is a Certified Massage Therapist.

Wanna Get Off the Couch?



And Get Your Vey Own Coach!

Couch to 5K programs are designed to get you moving. They ease you into transforming from a couch potato to a runner (walker, or jogger). Anyone can do it – even you!

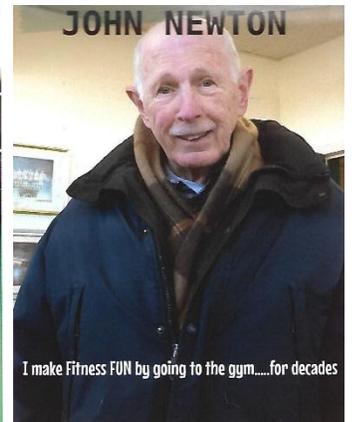
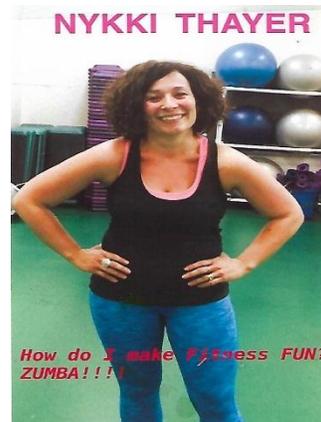
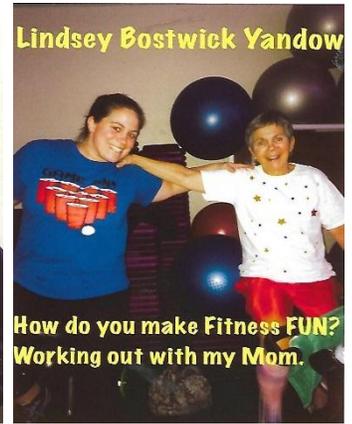
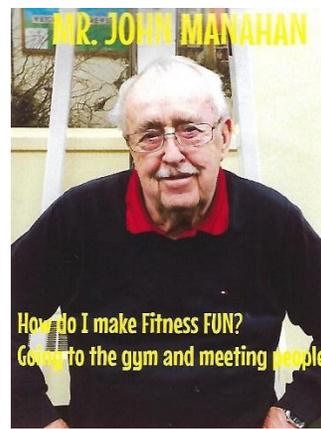
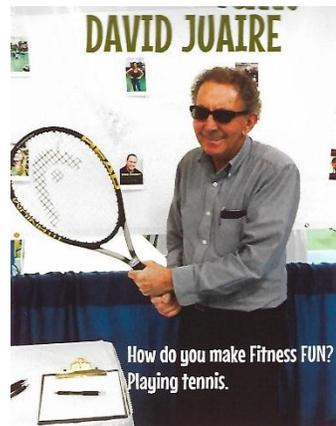
Join Coach Mike Mashtare Thursdays from 6:00pm – 7:00pm beginning October 6th for 8 weeks. A \$55.00 fee applies.

Call Collins Perley for more information: 527-1202.

Mike Mashtare: Mike has been involved with helping people get or stay healthy for over 30 years as a Physical Education teacher as well as a 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.



How Do YOU Make Fitness Fun?



Collins Perley is Offering NEW Classes Starting September 17

	Time: Start	End	Class	Other	Instructor	Room
Mon	10:15AM	10:45AM	Silver Senior	Stretch, Balance and Strength	Nora Kuprianchik	WS
Tue	10:30AM	11:30aM	CVAA's Tai Chi	Health & Balance (Sept. 27 th to Dec. 13 th)	Ruth Cronin	WS
Tue	5:30PM	6:30PM	OCR	Obstacle Training	Andrea Gagner	WS
Wed	4:30PM	5:15PM	Slipper Camp	Beginner Work-Out	Beth Hayford	WS
Thu	5:30PM	6:30PM	OCR	Obstacle Training	Rhonda Fletcher	WS
Thu	6:00PM	7:00PM	Couch to 5K	Separate fee \$55 (Oct 6 th to Nov 23 rd)	Mike Mashtare	OUTSIDE
Fri	4:00PM	5:00PM	Zumba	Dance Party	Betsy Kuckuk	WS
Sun	10:45PM	11:30PM	Intro To Cardio Sport	Raise your Heartrate (Sept 25 th to Oct 23 rd)	Rhonda Flechter	WS