Collins Perley Sports & Fitness

News that Fits

WHERE FITNESS IS FUN

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

Fall/Winter Volume 1 / Issue 2

Staff Highlights

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.

Andrea Gagner: Andrea has been a cycling Instructor since 2000 and is a SPINNING® Instructor. She has collaborated in developing and instructing numerous fitness classes over the past 4 years.

Carla Desnoyers: Carla has been a science instructor for 30 years and is currently teaching at the Community College of Vermont. She has received valuable instruction and training in fitness program design from Jackie Brown over the past 20 years at Collins Perley. Carla integrates her knowledge of nutrition, biology, anatomy and physiology into the programs she creates. She enjoys writing a diversity of programs and has considerable experience in rehabilitation from injury and disease. Carla has been a lifetime athlete, enjoying all types of individual and team sports. When she is not working, you will find her on the ski slopes or golf course.

Message from Dave Kimel, Manager

The Winter Blues and How to Stop Them

Winter is upon us and, as the days become shorter and the temperatures drop, you may be tempted to hang up your exercise gear and hibernate. Don't! Stay active throughout the winter to beat those seasonal blues and feel on top of the world. If you're short on ideas for getting active, this issue of *News that Fits* is all about how Collins Perley can help you beat those winter blues.

All of us already know that the benefits of regular exercise will make you feel more energetic and keep your body in physical shape, but what about the mental aspect of your health and fitness? This is just as important during the winter season as keeping your body fit. With the cold weather playing with our minds, we all tend to stay inside and hibernate – cut ourselves off from the world and other people – and just "ride the storm out" so to say. The shorter days can affect your mood, so being active – both physically and mentally – can improve your sense of wellbeing. We all know about working out or taking an exercise class, but attending a hockey game or volunteering for a school event just to be around other people is also beneficial.

Don't fall for the solitude of the season. Join a group - use your mind, as well as your body, to stay healthy during this season. If you need suggestions, feel free to contact any of us at Collins Perley and we would be more than happy to point you in a direction to exercise both your body and mind. We are here to make sure your fitness program covers your entire well-being – inside and out.

Hard to believe, but there are less than 8 weeks left of the ice season. Before the ice goes, SASA will be hosting the Maple City Face Off (1/22-1/24), the Rail City Classic (2/5-2/7) and the Mite Masters Tournament (3/4-3/6). Schedules can be found at www.stalbanshockey.com the week of the Tournaments.

The BFA boys and girls hockey teams are having another banner year and both are on track to be playing at Gutterson for a State Championship in early March.

The 8th annual Academy Cheer Challenge is 1/23, in the North Hall. We will be hosting 15 -20 schools, K-12. Come and cheer on the Cheerleaders!

The Collins Perley Figure Skating Club, under the guidance of Rhonda Somers Fletcher, has been working hard since early October in preparation for their 20th annual year ending extravaganza. This year's show "Through the Years" is Sunday 2/21.

Monday 2/29 there will be a Blood Drive from 12 to 5:30pm.

The ice goes out 3/9 just in time for the Northwestern Vermont Model Railroad Show to move in for a show on Saturday 3/12. A week later the St. Albans Rotary Home & Recreation Show moves in 3/18-3/20. We set up the North Hall one more time in March for the Franklin County Region Career & Job Expo on 3/31.

Busy, Busy, Busy!

See you at the Collins Perley.

Back to You: Health and Wellness Journey

Become a Winter Warrior!

The FUN Begins January 13, 2016!

This 8 week, team-based challenge sponsored by the Collins Perley Sports & Fitness Center is unique this time in several different aspects:

- Challengers can pick their coach:

  Lille Bowler – Lille is a Fitness Coach and certified SPINNING Instructor who has been teaching Cardio & Strength and Spinning since 2009.

  Trudy Cioffi – Trudy has taught Group Fitness since college, and her training is geared toward a total body workout.

  Beth Hayford – Beth is a certified SPINNING Instructor, Personal Trainer, Massage Therapist, Health and Fitness Challenge Coach, and a Strength Class Instructor.

  Kelsey Counos Malbeouf – Kelsey is a certified SPINNING Instructor and a Personal Trainer. She has been teaching Boot Camp classes since 2010.

  Karen Bourdeau – Karen she is certified SPINNING Instructor and is certified in many other areas to many to list.

  Andrea Gagner – Andrea is a Cycling Instructor and a certified SPINNING Instructor. She has collaborated in developing and instructing numerous fitness classes over the past 4 years.

- YOU decide what you want to accomplish during this 8 week, team-based challenge:

Endurance, Weight, or Inches!

Call (802/527-1202), email (bhayford@fcsuvt.org), or stop by at Collins Perley to sign up. Cost of the 8-week Challenge is $110 ($85 for VIP members).

The Hockey News

Bellows Free Academy Boy's Ice Hockey

January 13	RICE	HOME	7:00 pm
January 16	SO BURLINGTON	AWAY	6:30 pm
January 22	POTSDAM	AWAY	7:45 pm
January 23	POTSDAM	AWAY	1:00 pm
January 27	RUTLAND	AWAY	4:00 pm
January 30	COLCHESTER	HOME	7:00 pm

Bellows Free Academy Girl's Ice Hockey

January 13	RUTLAND	AWAY	4:00 pm
January 16	ESSEX	AWAY	4:30 pm
January 23	MISSISQUOI	HOME	7:00 pm
January 27	RUTLAND	HOME	7:00 pm
January 30	NORTHFIELD	AWAY	4:00 pm

Click on the following link to go to the BFA Athletics website: An essential part of BFA Athletics

Collins Perley Public Skate
Monday – Friday, 9:00 – 12:00

Collins Perley Stick & Puck
Monday – Friday, 12:00 – 2:30

Rec Department Public Skate
Sunday, 12:15 – 1:45

Public Skate: $5.00 for adult, $3.00 for children and seniors
Stick and Puck (helmet required): $5.00

This general schedule is subject to change.
Check website for updates: www.collinsperley.com

Rent the Collins Perley Ice Rink

The "Ice Rink" at Collins Perley is so much more than a place to skate. It's exceptionally large space makes it an ideal venue for a variety of events. There is an abundance of bleacher seating and the ability to add hundreds of portable chairs and/or tables.

Contact either Tim Viens (tviens@fcsuvt.org) or Trish LeBlanc (tleblanc@fcsuvt.org) via email, or call Collins Perley at 802/527-1202 for more information on how to rent the Collins Perley Ice Rink.

CARDIO TENNIS: Cardio Tennis is a very high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate full body, calorie aerobic workout. Participants do not have to be a tennis player to participate. There is not instruction or correction to the tennis game during this high intensity hour. The main objective is to raise your heart rate and burn calories.

EXERCISE CLASSES: Collins Perley offers a wide variety of exercise classes ranging from SPINNING to Zumba! Click here to see a calendar of the Classes offered at Collins Perley.

FITNESS GYM: Join the Fitness Gym! Want to be stronger? Need cardiovascular improvement? Want to feel good or look better? Just want to stay fit? Have fun? WE CAN DO THAT! Professional Trainers are always available to help you reach your wellness goals at no charge.

RACQUETBALL: Racquetball is a fast paced action sport played with standardized equipment with specific court dimensions worldwide. Racquetball can be slow, easy-swinging and only mildly athletic or it can be incredibly fast and strenuous. CPSC has two (2) regulation courts. The courts are lively and well lit. The back walls are responsive glass but there are curtains you can pull for privacy. There are always players at all levels looking for someone to play with. There's almost always a court available on short notice but reservations may be placed up to five days in advance.

TENNIS: Our four indoor tennis courts have a lively playing surface that is easy on the feet, ankles, and knees. They are open 7 days a week for play.

WALKING OR JOGGING: Continue to use the Rotary Health Path year round (Cross country skiing, anyone?) The 52 acre site is surrounded by The St. Albans Rotary Health Path. It is just under a mile and a half long. The Health Path is great for walking, jogging, or running. Along the way there are benches and dog stations (scoop bags) for our four legged friends. The Rotary Health Path is free to all and is open 7 days a week 24 hours a day and 365 day a year.

WALLYBALL: Teams may use the racquetball courts to play Wallyball. Wallyball is a popular spin-off from Volleyball. Wallyball is not just volleyball played in a racquetball court. It is a separate sport with separate rules. Because the walls are in play it adds a whole new dimension to the game of Volleyball. Playing the sport requires the development of a separate set of skills.

New Year's Resolutions for Families

New Year's resolutions about health, and especially about diet and weight loss, must be the most common vows made each January 1. Is your family among those resolving to make some healthy changes this New Year? For best success, choose just a few resolutions, and make them specific and manageable. Here are a few New Year's resolutions for the whole family to make:

- We will eat fast food one less time each month.
- We will add at least one fresh fruit snack to our daily routine.
- We will switch to whole-grain breads, pasta, and cereals.
- We will have a family "pantry raid," reading labels and removing foods that don't fit in a healthy eating plan (those high in sugar, trans fats, or high fructose corn syrup). Then we will shop together to restock with healthy foods.
- We will spend 30 minutes outside playing together as often as possible, regardless of the weather.
- We will find a place that provides opportunities for the entire family to be physically active together or offers child care and after-school or teen programs.
- We will add physical activity or play time to the calendar. We will schedule an evening walk, fitness class, or soccer games for kids with the same commitment as other important meetings.
- We will pick a fun run/walk or 5K a few months away, sign up, train as a family and participate in it together.
- We will share a meal (whether it's dinner or breakfast) together most days of the week.
- We will plan an active family vacation this year.

Good luck and happy New Year!

Collins Perley Staff

Dave Kimel
Manager
dkimel@fcsuvt.org
(802) 527-1202 x10

Tim Viens
Assistant Manager
tviens@fcsuvt.org
(802) 527-1203 x12

Trish LeBlanc
Office Manager
tleblanc@fcsuvt.org
(802) 527-1203 x0

Adam Parent
Fitness Gym Manager
aparent@fcsuvt.org
(802) 527-1202 x14

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
Geoff Lyons

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

Besides Fitness, How Else Can Collins Perley Serve You and the Community?

Conventions, Meetings, Shows, Expositions, Fairs & Concerts

With 50 acres of grounds and 70,000 feet of show or meeting space all at ground level and all under one roof, The Collins Perley Sports & Fitness Center is the largest special events center in the Northwestern Vermont, Southern Quebec, and Northeastern New York region.

- The North Exhibition Hall is 27,600 sq feet. It can be divided by heavy curtains. The rubber all-purpose floors are comfortably for walking and standing. There is 96.5' x 22' stage elevated 3.5 feet above floor level. There is 12 x 12 foot overhead door at ground level.
- The South Exhibition hall is 17,000 sq feet. From late September through March 1st, it is a hockey arena. Rink boards are removed as necessary. The floor is cement. There is an overhead door at ground level.
- Meeting room A (Aerobics room) is 1,763 sq feet. It has a heavily padded floor. One wall is mirrored. The other two are covered with chalkboards. It is also air conditioned.
- Meeting room B (Classroom) is 667 sq feet. It has tile floor. One wall has a chalkboard.
- Special rooms: There are 11 rooms that are designed as locker rooms. Some have shower and toilet facilities. Most can be adapted for meeting or other use. There are two racquetball courts. Each is 800 sq feet. They can be adapted for meeting or display use.
- Common areas: There is a 2,475 sq foot entry hall between the North and South Exhibition Halls. There are adequate men's and women's and handicapped toilet facilities. There are changing rooms and shower facilities.
- Sound: All halls and rooms have excellent sound systems. Most can be run independently or simultaneously.
- Lighting: All halls and rooms are well illuminated. There are multiple lighting levels options. There is no theatrical lighting.
- Parking: There is parking surrounding the buildings for 763 cars. The west baseball field has its own parking.
- Frozen or dry fields can be used for additional parking of up to 1,000 cars.
- General Use: Our fields have been used for everything from a staging area for a major motion picture to flying remote control aircraft and from women's rugby to ultimate Frisbee. We will consider permitting any activity. Golf is not allowed.

Contact either Tim Viens (tviens@fcsuvt.org) or Trish LeBlanc (tleblanc@fcsuvt.org) via email, or call Collins Perley at 802/527-1202 for more information on how Collins Perley can serve you and the community.