

**FREE for ALL ages and ALL abilities!**

DATE	TIME	TOWN	EVENT	LEADER	LOCATION	ADDITIONAL INFO
Tuesday, January 8th	6:30 – 7:15PM	St. Albans	Ring Cycle	Duke’s	Duke’s Fitness Center	Early sign up required. Please come early to class to set up a bike.
Saturday, January 12th	8:30 – 9:30AM	St. Albans	Market Tour w/ Dietitian	Dani Esenler	Food City	Come prepared to ask questions!
Saturday, January 19th	8:00-9:00AM	Fairfield	Zumba Gold	Shannon St. Pierre	Fairfield School Gym	Zumba with a focus on balance and coordination for active older adults.
Saturday, January 19th	8:00 – 10:00AM	Swanton	Birding Walk at the Missisquoi Refuge	Wildlife Refuge Swanton	Maquam/Black Creek Trail	Appropriate for birders of all skill levels. Binoculars and field guide helpful.
Friday, January 25th	9:00–10:00AM	St. Albans	Yoga with Ann	Ann	Duke’s Fitness Center	Explore the stress reducing impacts of yoga. Seniors and beginners welcome.
Sunday, January 27th	8:30-9:15AM	St. Albans	Boxing with Jess	Duke’s	Duke’s Fitness Center	A combo of punching, core work and body weight exercises for every level.
Saturday, February 2nd	8:30 – 9:30AM	Swanton	Market Tour w/ Dietitian	Dani Esenler	Hannaford	Learn strategies for making healthy trips to the supermarket.
Tuesday, February 5th	6:30-7:30PM	Enosburg	Zumba	Jan Sweet	St. John’s Parish Hall	Have fun with Zumba! Wear comfy clothes and shoes for moving and bring some water to hydrate.
Wednesday, February 6 <sup>th</sup>	All Day	St. Albans	Health Coach Hotline	Brian Clukey & Special Guests	Facebook	Tune in to Facebook to ask health and wellness related questions.
Saturday, February 9th	10:00AM-12:00PM	Saint Albans	Cross Country Ski	Ellen Stanley	Rail trail parking lot Route 105	**Personal cross-country gear/snowshoes required**
Monday, February 11th	4:45 – 5:45PM	St. Albans	Monday Groove	Lisa Sutton	SATEC	Surprisingly simple yet powerful way to move your entire body.
Saturday, February 16th	10:00 – 12:00PM	Enosburg	Snowshoe	Sarah Downes	Enosburg Town Forest	A glorious snowshoe through the beautiful Town Forest.
Saturday, February 16th	8:00 – 10:00AM	Swanton	Birding Walk at the Missisquoi Refuge	Wildlife Refuge Swanton	Missisquoi Wildlife Refuge/Stephen Young Marsh	These walks are for birders of all skill levels. Binoculars and field guide helpful.
Monday, February 18 <sup>th</sup>	6:15 – 7:15PM	Swanton	Strong by Zumba	Jan Sweet	Abenaki Place	Strength & Zumba harmonized for a total body workout experience.
Thursday, February 28th	6:15-7:00PM	St. Albans	Body Burn	Cindy	Duke’s Fitness Center	A total body class to make you stronger and more fit.
Monday, March 11th	4:45 – 5:45PM	St. Albans	Monday Groove	Lisa Sutton	SATEC	Surprisingly simple yet powerful way to move your entire body.
Saturday, March 16th	8:00 – 10:00AM	Swanton	Birding Walk at the Missisquoi Refuge	Wildlife Refuge Swanton	Wildlife Refuge/Old Railroad Passage Trail	These walks are for birders of all skill levels. Field guide and binoculars helpful.
Saturday, March 16th	8:30 – 9:30AM	Enosburg	Market Tour w/ Dietitian	Dani Esenler	Hannaford	Take advantage of this opportunity to learn healthy eating strategies from an NMC dietitian.
Monday, March 18th	5:30 – 6:30PM	St. Albans	Hula Hoop Fitness Cardio and Core	Rachel Whiting	City Hall	A great hula hooping class for all ability levels - fun for everyone!
Saturday, March 23rd	9:45 – 10:45AM	St. Albans	Intro to Spinning	Michelle	Duke’s Fitness Center	For people interested in learning the ins & outs of Spinning.
Tuesday, March 26 <sup>th</sup>	All Day	St. Albans	Health Coach Hotline	Brian Clukey & Special Guests	Facebook	Tune in to Facebook to ask health and wellness-related questions.
Thursday, March 28th	6:30 – 7:30PM	Enosburg	Strong by Zumba	Jan Sweet	St. John’s Parish Hall	Strength & Zumba harmonized for a total body workout experience.

**Check out “Events” at [www.facebook.com/RiseVT](http://www.facebook.com/RiseVT) for more Details**