

Aspire

COMMUNITY STUDIO

Zumba
\$6 per class

Yoga or Fitness
\$7 per class

Dance
\$8 per class

Do You Aspire?

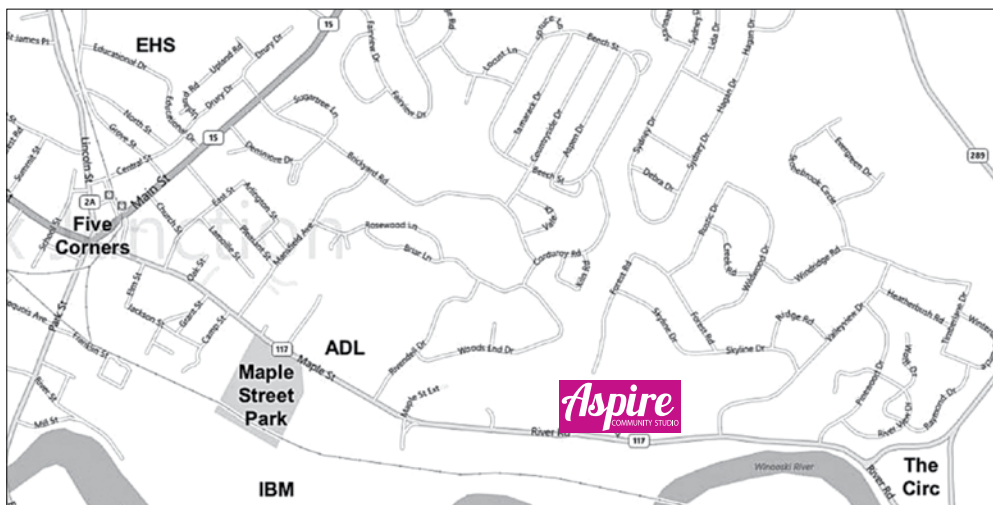
Do you aspire to improve your health?
...to make new friends? ...to lose a few pounds?

Do you aspire to become stronger physically?
...to be stronger mentally?

Do you aspire to to be graceful on the dance floor?
...to step out on a dance floor?

EJRP aspires to promote lifelong health and well-being, to provide diverse learning experiences, and to provide affordable and accessible programs. After 18 months of full Zumba classes and tight facility schedules we aspired to find a more tranquil room for yoga, a more spacious space for Zumba, and a better floor for dance. We also aspired to find more great instructors, offer a wider variety of classes, provide easier access to our programs, and make our programs more affordable than ever.

Introducing the Aspire Community Studio!



Affordable

ZUMBA	YOGA/FITNESS	DANCE
\$6/class	\$7/class	\$8/class
\$7/class non-res	\$8/class non-res	\$9/class non-res
Prices based on registering for an entire session. Going to miss a class during your session? You may request a 1-day pass to drop-in on another class during the same session (limit one per session).		

10-DAY ZUMBA PUNCH CARD: \$80 res / \$90 non-res

Drop-in when it is convenient for you. A great option if you have a tricky schedule or want to try out several different instructors!

You may drop in on any class with fewer than 40 participants. Available drop-in classes will be listed at aspire.ejrp.org. Space limited to 50 participants per class. First come, first served.

CODE 44400Z0

Accessible

Aspire is conveniently located in the JP's plaza at 39 River Road – just two minutes down the road from Maple Street Park (three minutes from Five Corners) and minutes away from the Circumferential Highway.

In addition to an accessible location, our class times are conveniently scheduled at all times of the day. At Aspire you can get a good workout before heading to the office, start your morning with yoga meditation, grab a class during your lunch hour, dance your heart out at the end of the workday, or choose one of many weekend classes!

ZUMBA INSTRUCTORS

Tory Couture

I live in Essex with my husband, two sons, and two dogs. I have been teaching biology and chemistry at Essex High School for over fourteen years. In the fall of 2009, I experienced my first ZUMBA Fitness class. Immediately, I was addicted. I attended ZUMBA Fitness classes at least four times a week and decided it was time for me to take the next challenge. I completed my ZUMBA B1 certification in March 2010 and my B2 in July 2010. I have been teaching classes ever since. Unlike most workouts, ZUMBA feels like a PARTY! You will smile, groove and sweat all while making new ZUMBA friends! See you on the dance floor soon!



Heather Garrow

Heather has been active in sports and athletic activities, such as gymnastics, field hockey, and track and field, almost her entire life. Heather has been teaching English and coaching field hockey for Essex since 1994. She lives in Colchester with her husband and daughter. When not teaching, coaching or instructing ZUMBA fitness, Heather loves to spend time with the people she loves, her animals, or a good book.



Lynne LaBonte

Lynne has lived in Essex Junction and (currently) Essex Town for 13 years. She is a Dental Hygienist in Essex Junction at Dr. Edward Pantzar's office. Lynne is married to Leo LaBonte, teacher and Certified Athletic Trainer at Essex High School and is a mother of two boys, Nicholas and Christopher. Lynne has a passion for running having completed many half marathons and is currently training for her third marathon. Lynne started teaching Zumba this summer and currently teaches 3+ classes a week. She is fired up about Zumba seeing the overall body transformation that it provides as well as the energy and fun all at the same time!



Jennifer McKenzie

I got hooked on Zumba almost two years ago and have been attending classes regularly ever since. I wasn't active in sports growing up, I am not a runner, I avoid the gym at all costs, and although I always knew that fitness was an integral part of a healthy lifestyle, I had yet to find the right fitness program for me. As a Spanish teacher I am passionate about Latin music and dance, and at a friend's suggestion I attended my first Zumba class in January of '10. After that 60 minute class I was beaming with energy, sweeter than ever and hungry for more! Amazing energy, easy-to-learn dance moves and addicting rhythms were exactly the right combination for me to be instantly hooked! I received my Zumba certification in May of 2011.



Abby Rice

I am an Essex Junction mother of three. Some of my other favorite activities are running, hiking, and playing tennis with my kids. I have been home with my kids for the last seven years and have loved every second! Now I am ready to spread and share the Zumba love! My first Zumba experience was a 2 hour Zumba event. I was hooked seconds after the music started! That was in February 2011 and by August I was licensed to teach! I LOVE Zumba! It is so true that every class feels like a party... BUT... what other kind of party is going to give you a workout like Zumba? Nothing! Come try a class with me...the only thing missing is YOU! Zumba love...



Brooke Robbins

Brooke has been teaching ZUMBA since 2010. She is certified in Zumba Basics 1, Zumba Toning and Zumba-tomic. She was a collegiate level gymnast and also played field hockey and participated in track and field during high school in Essex Junction. She is currently a 2nd grade teacher at Essex Elementary and lives in Essex Junction with her husband and two children. She enjoys hiking, reading and spending time with family and friends in her free time. Brooke has found Zumba Fitness to be an exhilarating and enjoyable form of exercise and is looking forward to introducing it to others through the Essex Junction Recreation classes



FITNESS INSTRUCTOR

Toni Kunker

Toni is an ISFTA certified personal trainer, TRX instructor and Zumba instructor. She has a diverse fitness background that includes a black belt in Kempo Karate and Cross training in BJJ, Arnis and Wing Chun. Toni enjoys martial arts, kayaking, skiing, running, dance, piano, art and spending time with family and friends.



YOGA INSTRUCTORS

Tricia Gustafson, RYT

A Certified Yoga Therapy instructor, Personal & Business Coach/Consultant, Mediator, and Mom. She has been teaching yoga for over 13 years and brings 25+ years of yoga experience to the mat. Her other interests include: all outdoor activities, Zumba, Pilates, a good book, and family adventures. Tricia lives in South Burlington with her husband Paul, daughter Hanna and several pets.



Emily Souliotis

Emily is a Certified Yoga Instructor through Yoga Vermont with Kathy McNames. Practicing Yoga is a wonderful experience both physically and Spiritually, increasing flexibility and strength while integrating mindfulness and awareness to your health. While I find nearly all yoga enjoyable, I tend to teach a blend of Ashtanga Vinyasa with pieces of Iyengar Training, an effective combination for all levels.



DANCE INSTRUCTORS

Samir & Eleni Elabd

Owners of Ballroom Nights, Samir and Eleni have been partners both in life and in dance since they met in 1972. They received their professional ballroom dancing training at the Gene Kelley Dance School in Athens, Greece. Since their move to Vermont from Greece in 1988, they have taught a multitude of students at private and public organizations throughout Vermont.



Aspire
COMMUNITY STUDIO

Grand Opening
Monday
January 2, 2012

Free Mini-Classes with
many of our instructors!

Details at aspire.ejrp.org

Zumba

Instructors: Tory, Heather, Toni, Lynne, Jennifer, Abby, Brooke
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Zumba Gold

Instructor: Toni Kunker
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Bootcamp

Instructor: Toni Kunker
Burn calories and build muscle with a mix of calisthenics, body weight exercises and strength training. This group workout will push you harder than you'd push yourself.

Smooth Ballroom Dance Sampler

Instructor: Samir Elabd
Learn to lead or follow your partner without fear of knocking knees or stepping on toes. You will learn the fundamentals of the following:

Waltz: The most beautiful of all ballroom dances. The simple steps and accented 1-2-3 beat makes the Waltz very easy to learn.

Fox Trot: Characterized by long, gliding, smooth steps that give it a lazy and unhurried appearance.

Tango: One of the most eccentric dances of modern Ballroom. The staccato action gives the dance its distinctive look.

Latin Ballroom Dance Sampler

Instructor: Samir Elabd
Have fun and get some exercise while learning the basics of the following Latin dances:

Rumba: A sensuous, emotional dance. The slow rhythm of the music contributes to the rumba's ageless and universal appeal.

Cha Cha: Its compelling rhythmic music entices and excites the dancer and observer alike.

Swing: The hottest dance craze in America today. The jazzy steps and moves of the Swing are what make it so popular.

Yoga/Pilates

Instructor: Toni Kunker
This class will help you achieve mental and physical well-being with a combination of yoga and Pilates that will strengthen and tone the body, improve balance and flexibility and reduce stress.

Introduction to Yoga

Instructor: Tricia Gustafson, RYT
In this safe and supportive environment, learn beginning postures, meditation, breathing exercises, and relaxation techniques. Begin to understand and use yoga to enhance quality of life through greater strength, stability, flexibility, stress reduction and more. Pregnant women welcome with instructor approval, Tricia at Tricia@TLGcoaching.com or 864-3212. Please bring a yoga sticky mat, yoga strap (or similar item), blanket or towel, and water.

Yoga for Wellness

Instructor: Tricia Gustafson, RYT
Take your yoga practice to the next level as we consciously create more balance and wellness in your life by opening your body, heart and mind. Meditation, breathing, and a balancing "flow" practice. Must have completed Introduction to Yoga (or similar experience) and be comfortable with basic poses. Please bring a yoga sticky mat, strap, block, blanket or towel, and water. Pregnant women welcome with instructor approval, Tricia@TLGcoaching.com or 864-3212.

Beginner Fitness Yoga

Instructor: Emily Souliotis
Beginner fitness yoga is for all levels, beginner and up. The focus is teaching breathing techniques while practicing easier postures, moving at a moderate pace.

Intermediate Fitness Yoga

Instructor: Emily Souliotis
Intermediate Fitness Yoga is for ambitious beginners/more experienced yoga students. The focus is intermediate postures with longer holds and fluid movements. Expect to sweat.

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\$80 res / \$90 non-res

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ASPIRE SCHEDULE

Session 01: January 3-February 24 **Session 02:** March 7-April 20 **Session 03:** April 30-June 17

When registering, use the program code from the schedule and insert the two-digit session number in the blanks.

Schedule subject to change, additional classes will be added. See the most up-to-date schedule with class fees listed for each session at aspire.ejrp.org.

DAY	CLASS	TIME	INSTRUCTOR	CODE
Sunday	Zumba	9-10am	Lynne LaBonte	4__ 00G2
	Zumba	4-5pm	Jen McKenzie	4__ 00G5
	Beginner Yoga/Pilates	5:30-6:30pm	Toni Kunker	4__ 01G0
Monday	Zumba	5:45-6:45am	Abby Rice	4__ 00A0
	Bootcamp	7-8am	Toni Kunker	4__ 02A1
	Zumba Gold	8-9am	Toni Kunker	4__ 00A2
	Yoga for Wellness	9:30-10:30am	Tricia Gustafson	4__ 01A3
	Zumba	4:15-5:15pm	Jen McKenzie	4__ 00A5
	Zumba	5:30-6:30pm	Heather Garrow	4__ 00A6
Tuesday	Intermediate Fitness Yoga	6:45-7:45am	Emily Souliotis	4__ 01B1
	Beginner Fitness Yoga	8-9am	Emily Souliotis	4__ 01B2
	Zumba	12:30-1:30pm	Abby Rice	4__ 00B4
	Teen Zumba	3:30-4:30pm	Abby Rice	4__ 00B5
	Zumba	5:30-6:30pm	Brooke Robbins	4__ 00B6
	Yoga for Wellness	6:45-7:45pm	Tricia Gustafson	4__ 01B7
Wednesday	Zumba	5:45-6:45am	Abby Rice	4__ 00C0
	Intro to Yoga	9:30-10:30am	Tricia Gustafson	4__ 01C3
	Zumba	3:45-4:45pm	Heather & Brooke	4__ 00C5
	Zumba	5:30-6:30pm	Lynne Labonte I, Tory Couture II & III	4__ 00C6
	Smooth Ballroom Dance Sampler	7-8pm	Samir Elabd	4__ 03C7
	Latin Ballroom Dance Sampler	8-9pm	Samir Elabd	4__ 03C8
Thursday	Bootcamp	7am-8am	Toni Kunker	4__ 02D1
	Zumba Gold	8-9am	Toni Kunker	4__ 00D2
	Zumba	12:30-1:30pm	Abby Rice	4__ 00D4
	Teen Zumba	3:30-4:30pm	Abby Rice	4__ 00D5
	Zumba	5:30-6:30pm	Heather Garrow	4__ 00D6
	Intro to Yoga	6:45-7:45pm	Tricia Gustafson	4__ 01D7
Friday	Zumba	3:30-4:30pm	Jen McKenzie	4__ 00E5
Saturday	Zumba	8:15-9:15am	Lynne LaBonte	4__ 00F2
	Intermediate Fitness Yoga	9:30-10:30am	Emily Souliotis	4__ 01F3

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10% OFF SESSION 01
(January 3-February 24)
When you use coupon code BR10

ESSEX JUNCTION RECREATION & PARKS

FAMILY PROGRAM REGISTRATION FORM

OFFICE USE ONLY Paid Entered

Resident: Village of Essex Junction Non-Resident: Essex Town Non-Resident

NAME (PARENT/GUARDIAN) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____ HOME PHONE _____ WORK PHONE _____ CELL PHONE _____

Would you like to be added to our e-mail list? Yes No

Please list the phone number and name of a responsible adult if parents are not available.

EMERGENCY CONTACT NAME _____ EMERGENCY CONTACT NUMBER _____

Please list any medical conditions, physical limitations/restrictions for any family member _____

List each participant's information

NAME	M/F	DATE OF BIRTH	GRADE	SCHOOL	PROGRAM CODE & NAME	FEE
TOTAL ENCLOSED						

Please send me confirmation on my classes, via: e-mail mail (please include a self-addressed, stamped envelope for this option).

Form of Payment (make payable to Essex Junction Recreation and Parks or EJRP)

Cash Check _____
CHECK NO.

Credit Card Discover Master card Visa _____
ACCOUNT NO. _____ EXPIRATION DATE _____

Waiver & consent agreement: I am fully aware of the risk inherent and hereby give my consent of the above named applicant to participate in the program(s) offered by Essex Junction Recreation & Parks, and agree to hold harmless the Essex Junction School District, its employees, elected officials, or any volunteers or instructors from any and all liability from any injury, claims, costs or loss of services which might be incurred by participation in said programs, activities, or events. Permission is hereby granted for my child/participant to receive emergency treatment, if needed and I authorize the attending physician to administer any necessary medical attention. Furthermore, I certify that my child/participant is in excellent health and that there are no limitations to his/her participation except as stated in writing above. I hereby consent to and authorize Essex Junction Recreation and Parks the right to publish, reproduce and use for advertising or any other purpose, any photograph, video image, an audio recording or other likeness of my child or family member. I have read this document carefully and sign it voluntarily with full knowledge of its significance.

SIGNATURE (PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18) _____ DATE _____

ADDITIONAL SIGNATURES REQUIRED FOR ALL PARTICIPANTS OVER THE AGE OF 18 _____ DATE _____

ADA Compliance: We are committed to providing individuals with disabilities equal access to our parks, facilities, and programs. We are willing to make reasonable accommodations in our programs in order to include those needing assistance. If you have a disability requiring special accommodations please notify us at least two weeks prior to the event so that we can make the appropriate arrangements.

Return by mail, fax or in person with payment payable to:
 Essex Junction Recreation & Parks, 75 Maple Street, Essex Junction, VT 05452 Tel 878-1375 / Fax 872-3371