

FREE for ALL ages and ALL abilities!

DATE	TIME	EVENT	LEADER	ADDRESS
Mon. Jan 8	5:15 PM	Pilates	Michelle Kraus	Duke's Fitness Center 18 Swanton Road, St. Albans
Fri. Jan 12	6:15 PM	Yoga	Amanda Hoss	Islands in the Sun Senior Center 53 South Main Street, Albion
Fri. Jan 12	7:00 PM	Dance Social	Kevin Laddison (First Step Dance)	City Hall 100 N Main Street, St. Albans
Sat. Jan 13	8:30 AM	Zumba	Barbara Bluto	Alburgh Legion 35 N. Main Street, Albion
Mon. Jan 15	1:00 PM (1.5 hrs)	Public Skate	Highgate Arena	Highgate Recreation Facility 243 Gore Road, Highgate Center
Thurs. Jan 18	5:30 PM	Labyrinth	Melanie Berthiaume & Cindy Rose	Swanton Police Department 120 First Street, Swanton
Sat. Jan 20	9:00 AM	Open Gym	St. Albans Recreation Department	City Hall 100 N Main Street, St. Albans
Sat. Jan 20	10:00 AM	Cross Country Skiing on the Rail Trail	Ellen Stanley	Meet at the Opera House 123 Depot Street, Enosburg
Sun. Jan 21	12:00 PM (1.5 hrs)	Ski/Snowshoe/Hike the 100 Acre Woods	Mike Cain	100 Acre Woods 2757 Main Street, Fairfax
Mon. Jan 22	6:15 PM	STRONG by Zumba	Jan Sweet	Abenaki Tribal Headquarter Community Room 100 Grand Avenue, Swanton
Thurs. Jan 25	6:30 PM (2 hrs)	Square Dancing	Steve and Deb Desrosiers	Bliss Room, St. Albans Museum 9 Church Street, St. Albans
Tues. Jan 30	5:30 PM	Nerf Games	St. Albans Recreation Department	City Hall 100 N Main Street, St. Albans
Fri. Feb 2	5:45 PM	Family Yoga	Jessica Frost	City Hall 100 N Main Street, St. Albans
Wed. Feb 7	6:15 PM	Zumba Fitness	Jan Sweet	Abenaki Tribal Headquarter Community Room 100 Grand Avenue, Swanton
Sat. Feb 10	9:30 AM (2 hrs)	Snowshoe the Round Pond Natural Area	Guy Maguire, South Hero Land Trust	25 East Shore Road South Hero
Sat. Feb 10	10:00 AM	Snowshoe on the Brownway River Trail	Steve Wadsworth	Enosburg Falls Elementary School 303 Dickenson Avenue, Enosburg Falls
Sun. Feb 11	5:30 PM	Fusion Fitness	Karen Bourdeau	MVU Middle / High School Gym 175 Thunderbird Drive, Swanton
Wed. Feb 14	10:00 AM	Tiny Tots Gym & Fun	Illa Sewall of GymKids Academy, Inc.	City Hall 100 N Main Street, St. Albans
Sun. Feb 18	11:00 AM	Winter Wonderland Nature Walk	Bridget Butler - The Bird Diva	Hard'ack Recreation Area St. Albans
Sun. Feb 18	12:00 PM	Family Games	St. Albans Recreation Department	Hard'ack Recreation Area St. Albans
Sat. Feb 24	9:00 AM	STRONG by Zumba	Amanda Hoss	North Hero Elementary School 6441 US-2, North Hero
Wed. Feb 28	10:00 AM	Family Yoga	Mary Tryhorne	Montgomery Center for the Arts 2 Mountain Road, Montgomery
Sat. Mar 10	8:30 AM	Zumba	Barbara Bluto	Alburgh Legion 35 N. Main Street, Albion
Tues. Mar 13	5:00 PM	Open Family Swim	Jessica Frost	Branon's Pool 248 N Main Street, St. Albans
Tues. Mar 20	7:00 PM	Vinyasa Yoga	Mary Tryhorne	Montgomery Center for the Arts 2 Mountain Road, Montgomery
Wed. Mar 21	5:15 PM	Yoga	Paula Broulette	Duke's Fitness Center 18 Swanton Road, St. Albans

All events are 1 hour long unless otherwise noted

For more details: "Events" at www.facebook.com/RiseVT or "Calendar of Events" at www.risevt.com