Caledonia County
Stay Steady Guide

1. Catamount Arts dance classes
115 Eastern Avenue
St. Johnsbury, VT 05819
Various dance classes throughout the year, including Argentine Tango. $ 802-748-2600

2. Country Corner Squares
Square Dance
30 Lily Pond Road
Lyndonville, VT 05851
Square dancing workshops, lessons, and dances. $ 802-748-4580

3. St. Johnsbury Ballet
Dance Classes
51 Depot Square
St. Johnsbury, VT 05819
Weekly classes, September to June for ages 5-18, and ongoing adult classes. $ 802-684-3420

4. South Congregational Church
Dance classes
1052 Main Street
St. Johnsbury, VT 05819
Phone Number 802-748-955
Latin & ballroom dances lessons and/or open dance to all ages and various instructors. $

5. Riverside Life Enrichment Center
2104 East Burke Street
Lyndonville, VT 05851
In-house exercises classes (range of motion focused) for members only

6. Passumpsic River Outfitters
105 Bridge Street
St. Johnsbury, VT 05819
Phone Number- 802-578-3151
Kayak and canoe rentals Run a shuttle service that transports paddlers and their boats up and down the river. www.paddleprovt.com

7. RecFit STJ
General Exercise: www.recfitstj.org
49 Perkins Street
St. Johnsbury, VT 05819
Recreating community fitness. Youth, adult, & senior programs $

8. St. Johnsbury Academy Fitness Center
1000 Main Street
St. Johnsbury, VT 05819
Weight room, cardiovascular equipment; exercise classes & walk and tone classes. Call for schedule and availability. $ 802-748-8683

* Top Choice: Research tested and demonstrated to be effective for fall prevention
9. **Boot Camp**- General Exercise  
119 Park Avenue  
Lyndonville, VT 05851  
Build strength and endurance while losing fat, 3 opportunities weekly, $ 802-535-9645 or amcclure72@gmail.com

10. **Evolve Fitness**- General Exercise  
295 Depot Square  
St. Johnsbury, VT 05819  
Comprehensive fitness classes that focus on the mind & body, finding balance & power within.

11. **St. Johnsbury Senior Center**- General Exercise  
1207 Main Street #2, St. Johnsbury, VT 05819  
Various physical and mental exercises, challenging opportunities ranging from traditional (physical) exercise groups to mental calisthenics for seniors.  
802-748-8470; www.stjgoodliving.org

12. **Kingdom Gymnastics**: Green Mountain Mall; General Exercise  
2000 Memorial Drive  
St. Johnsbury, VT 05819,  
802-748-7898  
Class & private instruction in gymnastics, x-training, yoga and more. Open gym on Friday night and call for class description, rates, and schedules. $

13. **St. Johnsbury Community Recreation**- General Exercise  
49 Perkins Street  
St. Johnsbury, VT 05819  
Various programs for all ages. $  
www.stjreccom

14. **NVRH General Exercise**:  
Various fitness classes, yoga, stretching, boot camp classes, Tai Chi classes, and other activities.  
61 Depot St  
Lyndonville, VT 05851  
Brick diamond building, 3rd floor  
Wellness calendar changes monthly.  
http://nvrh.org/wellness-calendar

15. **Pilates by Heidi**  
295 Depot Square  
St. Johnsbury, VT 05819  
Offers all levels and standing/mat/variety classes. $  
802-535-8505

16. **PiYo Strength**- Pilates/Yoga  
61 Depot St  
Lyndonville, VT 05851  
Flexibility and balance  
802-535-9645  
amcclure72@gmail.com

17. **Yoga and Pilates**- Pilates/Yoga  
Center for Wellbeing  
364 Railroad Street  
St. Johnsbury, VT 05819

* Top Choice: Research tested and demonstrated to be effective for fall prevention
18. **Growing Stronger:** Danville
   Senior Action Center
   89 Park Street
   Danville, VT 05828
Strength training program for ages 40+. Small donation requested for the classes & please come early. These are “maintenance & new” ongoing classes, beginners are welcome and will receive special attention.

19. **Growing Stronger**
   Strength Training
   Congregational Church
   1095 US-2
   East St. Johnsbury, VT 05838

20. **Growing Stronger**
    G.R.A.C.E Building
    13 Mill Street, Hardwick, VT 05843

21. **Growing Stronger**
    Town Offices Building
    119 Park Avenue, VT
    Lyndonville, VT 05851

22. **Growing Stronger**
    St. J House
    1207 Main Street
    St. Johnsbury, VT 05838

23. **Growing Stronger**
    No. Congo Church
    1325 Main Street, St. Johnsbury, VT 05838

24. **Growing Stronger**
    Burke Meal site
    212 School Street
    West Burke, VT 05871

25. *Golden Ball Tai Chi*
    52 Middle Street
    Lyndonville, VT 05851
    First Congregational Church
    Northeast Kingdom Council on Aging: Let’s Get Fit!
    From 8:30 AM until 6 PM, you can go to 19 different sites somewhere in the Northeast Kingdom for exercise.

26. *Golden Ball Tai Chi*
    St. J House
    1207 Main Street
    St. Johnsbury, VT 05838

27. **NEK Yoga**
    Above Grindstone Café
    102 Depot St
    Lyndonville, VT 05851
    Yoga and Pilates for beginner to advanced. Check out Facebook page for locations and schedule.

28. **Vinyasa Flow Yoga**
    Burke Mountain Club
    368 VT-114
    East Burke, VT 05832
    Flowing Yoga practice that links breathe with movement, building strength & flexibility. $ 802-748-1946

* Top Choice: Research tested and demonstrated to be effective for fall prevention
29. **Yoga with Andrea**

446 Railroad St  St. Johnsbury, VT 05838  
Beginner, advanced, and therapeutic classes. $  
www.heartspaceyogacenter.com. 802-626-3398

30. **Go4Life- https://go4life.nia.nih.gov/**  
This is a program created and sponsored by the National Institute on Aging at NIH. Check the website for videos and descriptions of exercises for strength, balance, and flexibility. You can order a free DVD, exercise book, and a “Workout to Go” poster that includes planned exercise routines.

31. **Fallscape- Home-based falls education**  
Call 802-863-7227 for a FallScape appointment or information.

Fallscape is offered statewide by VT Department of Health and includes:  
A falls screening, 1-hour session with a trained volunteer in your home or location of your choice, weekly follow-up calls for 3 weeks, 1-hour follow-up session, monthly check-in by phone

**For More Information**

**Call The Senior HelpLine:**  (800) 642-5119

8:30 am to 4:30 pm

One call to the Senior HelpLine can provide you with the answers you need about the resources and programs that support your health and independence

* Top Choice: Research tested and demonstrated to be effective for fall prevention