

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

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

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