

# 50<sup>th</sup> Anniversary Spotlight

May 2017

As we celebrate 50 years of Parks and Recreation in Burlington we want to highlight some of the staff and volunteers that make the Burlington Parks & Recreation Department one of the best departments in the state. Over the next 12 months we encourage you to stop back and meet some of the people that make your experiences with us fun, educational and memorable. Make sure to visit our 50th Anniversary page or join us on Facebook & Twitter to stay up to date on the latest 50th Anniversary news and special events. Thank you for continuing to support Parks & Recreation in Burlington.

## JULIE CONLEY

Julie Conley has been a certified group fitness instructor for the Recreation Department for 15 years. She teaches a variety of fitness classes for the department including Boot Camp, Butts and Guts, Fit Forever, and Pound with class sizes ranging from 12 - 35 people. When we asked Julie what she likes best about working for the Burlington Parks and Recreation Department she said “when a new session starts each season, new faces join our group. It is so wonderful meeting new people and sharing my joy of a good workout. What makes me most happy is when these faces return daily for more fun!”

When she’s not teaching a fitness class at the Parks and Recreation Department Julie works in the office at the Francis Wyman Elementary School. Julie said “staying active has become part of my lifestyle, so there's not much down time. I love competing in bicycling events and sprint triathlons and have favorite events all over the seacoast.” Along with her husband Tom, Julie enjoys riding their bikes on long journeys. Before becoming parents to three awesome kids, Julie and Tom rode across country on a tandem bike. She also enjoys hiking high peaks with family and friends and a sunny day at the beach with a good book is also terrific. Julie was asked if there was anything she’d like to share with the residents about herself or the Burlington Parks and Recreation Department and she responded with “we are very fortunate to live in such a fabulous community. Burlington offers its residents tremendous opportunities for recreation and socialization. We are a community who cares about our neighbors and who has strong values. It's great to be connected.”

Julie’s favorite memory or accomplishment with the Burlington Parks and Recreation Department happened a few years ago with the Fit Forever Program, which is a 10-week program that she leads after the holidays. The goal of this group is to get healthy through exercise and weight loss. Two years ago Julie had a participant prepare a letter to the editor for Cooking Light magazine. Her accomplishments were highlighted in the magazine and Burlington Parks and Recreation Department was in the spotlight! It was a proud moment.



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## MARY NELSON

Mary has worked for the Burlington Parks & Recreation Department for 33 years! She started as a Wilderness Adventure leader. She loved Wilderness Adventure because she loves the "Great Outdoors", camping, canoeing, white water rafting, hiking, rock climbing and so much more. She also loved working with kids and the position worked out perfectly with her teaching career. Eventually she became the Director of Wilderness Adventure. Since then she has held a variety of positions within the department.



Currently Mary is the Parks and Recreation Department Fitness Coordinator. When asked what her greatest accomplishment was she stated this, "I believe my greatest accomplishment for the Recreation Department would be expanding the fitness classes. When I started this position there were only a few aerobic and body sculpting classes. I have expanded our fitness classes so that the Recreation Department can compete with any gym out there. I try to hire top notch instructors and keep up with all the new fitness trends." Mary belongs to two gyms so that she can stay educated on fitness trends and classes.

In her leisure time she enjoys spending time with her husband, David, and children, Shane and Christine. She also takes care of her senior parents. Her favorite activities are skiing, running, and being around dogs. She has a deep love for all animals, but especially dogs. Her dog, Espo, is a true friend and family member.

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## TRISH MARFIONE

Trish Marfione has been blessed with the love of movement since she was a little girl from tightrope walking on top of the fence in her backyard to hanging upside down from the swing set. Trish has been teaching fitness classes at the Burlington Parks and Recreation Department for the last twenty five years. Currently she teaches Friday Morning Workout...a cardio class and BEST, an over 55 strength, balance and stretch class. In the past she has offered nutrition workshops and taught Pilates classes. We asked Trish what she likes best about working for the Burlington Parks and Recreation Department she said "It's the people in the classes that have kept me here so long...it's just a pleasure to be their instructor."

When Trish isn't teaching fitness classes she enjoys hiking, kayaking, Nia and gardening. Trish resides in Reading with her husband Ron and they have three sons. Trish has made it her mission to help people achieve good health and vitality through fitness and balanced nutrition. She loves teaching and has owned her own Shaklee business for over thirty years, hosting nutrition lectures, individual counseling sessions, and selling supplements and earth friendly products. When asked to share a favorite memory or story about her time with the Burlington Parks and Recreation Department she did not disappoint. " I would say a fun memory (only because no one got stung)...there was a hidden bee's nest in the gym and we couldn't locate it at the time and we spent a few aerobics classes dancing with the bees. I wish I had a camera to capture the new moves the ladies made up to dodae the bees!"