

FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: JANUARY 15, 2017

Monday

Class	Instructor	Time
Tai Chi for Seniors	Terrill	8:00 <small>45 Minutes</small>
Hatha Yoga	Chanelle	9:00
Tabata	Donna	9:00
Vinyasa Yoga	Chanelle	11:30
Restorative Tai Chi	Briony	12:35
Beginner Tai Chi	Briony	5:15
HIIT	Kat	5:30
Vinyasa Yoga	Alexa	6:15
Intermediate Tai Chi	Terrill	6:35

Wednesday

Class	Instructor	Time
HIIT Spin	Nancy	6:10
Tai Chi for Seniors	Terrill	8:00 <small>45 Minutes</small>
Vinyasa Yoga	Cheryl	9:00
Full Body Barre	Adryen	9:00
All Abs	Adryen	10:15
Beginner Tai Chi	Briony	5:15
HIIT	Donna	5:30
Vinyasa Yoga	Erika	6:15
Intermediate Tai Chi	Terrill	6:35

Tuesday

Class	Instructor	Time
HIIT Spin	Bree	6:10
Vinyasa Yoga	Nicola	9:00
Pound Fitness	Claire	9:00
Restorative Yoga	Nicola <small>30 mins</small>	10:00
Forever Fit	Carla	10:15
Baby n' Me Yoga	Chanelle	11:00
Yoga for Stiff People	Jodie	6:15

Thursday

Class	Instructor	Time
HIIT Spin	Amy	6:10
Yoga for Stiff People	Jodie	9:00
Forever Fit	Carla	10:15
Body Balance Yoga	Chanelle	5:00
HIIT Spin	Adryen	5:30
Yoga for Stiff People	Jodie	6:15
Zumba	Michelle	6:35

Friday

Class	Instructor	Time
Vinyasa Yoga	Erika	9:00
Full Body Barre	Bree	9:00

FITNESS NEWS

Have you checked out **Tai Chi** yet? Classes for all schedules and abilities.

Need a new addition to stay active while the snow falls this winter? Join us for **Drop-In Sports** every week!
Mondays: Pickleball, Tuesdays: Volleyball, Wednesdays: Indoor Soccer, Thursdays: Basketball

Did you know **Wednesdays** are **League Night** here at the rec?
Get your crew and sign up for **Curling** in February.

Sign up today for notification emails from the Town of Avon.
It is the quickest and best way to get information on all of our fitness classes.

WWW.AVONREC.ORG

FITNESS AND WELLNESS CLASS DESCRIPTIONS

POUND Fitness: (trademarked): The world's first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing drums. Using weighted drumsticks specifically engineered for exercising, this class transforms drumming into an incredible effective workout. This exhilarating full body workout combines cardio, conditioning and strength training with yoga and pilates inspired movements. Burn up to 900 calories per hour, strengthen and sculpt, and drum your way to a stronger, leaner physique—all while rocking out to your favorite music!

Tabata: A high intensity workout protocol for fitness and weight loss. Developed by a Japanese scientist, this high intensity interval training class uses circuit and cross fit style moves to help you achieve maximum fitness in minimum time.

Forever Fit: This class creates a plan of wellness and prevention for active older adults. Participants will be provided with challenges to improve upon strength, balance and flexibility.

Full Body Barre: This complete body workout will utilize the ballet bar to strengthen, tone and balance the entire body. Each class includes several highly effective sequences of toning and resistance exercise with an emphasis on the core, arms, seat and thighs.

HIIT: By rotating segments of high intensity work and active recovery, these short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

Vinyasa Flow Yoga: The teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa's strength is in its diversity.

Yoga for Stiff People: This gentle and effective approach to yoga will ease you into strength and flexibility through the use of breathing, props, and a variety of modifications of traditional yoga poses.

Zumba: This dance-based class uses Latin music styles to perform the salsa, mambo and merengue to increase cardio vascular endurance. In addition, a little hip-hop, burlesque and other dance style to keep the fun and excitement going.

Restorative Body Movement: Exercises designed to gently rejuvenate your mind and body during this 1 hour session. Gain heightened awareness of one's body through movement. Build up and strengthen your whole body while learning to ease tension and discomfort through intentional natural movements that nurture you.

Beginning Tai Chi: Introducing the basics of our Tai Chi study. Qi Gong exercises, foundational stance study, and Section 1 of Yang Style Long Form. Increase balance, stability & efficiency in movement. Gain understanding of how you move and why it is important to pay close attention to the way we move.

Intermediate Tai Chi: Continuing study of Yang Style Long Form, furthering awareness of natural body movement, refining balance through movement, 13 energies, and the study of mind intent.

Tai Chi for Seniors: Designed for seniors, taught by a senior. Through movement we will rediscover our natural balance and awareness. This class is for seniors only.