

# FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: DECEMBER 25, 2016

## Monday

Class	Instructor	Time
Hatha Yoga	Chanelle	9:00am
Tabata	Donna	9:00am
Vinyasa Yoga	Chanelle	11:30am
Beginner Tai Chi	Briony	5:15pm
HIIT	Kat	5:30 pm

## Tuesday

Class	Instructor	Time
HIIT Spin	Bree	6:10am
Vinyasa Yoga	Nicola	9:00am
Pound Fitness	Claire	9:00am
Restorative Yoga	Nicola	10:00am 30 Minutes
Forever Fit	Claire	10:15am
Yoga for Stiff People	Chanelle	6:15pm

## Wednesday

Class	Instructor	Time
HIIT Spin	Nancy	6:10am
Vinyasa Yoga	Cheryl	9:00am
Full Body Barre	Adryen	9:00am
All Abs	Adryen	10:15am
Beginner Tai Chi	Briony	5:15pm
HIIT	Donna	5:30pm
Vinyasa Yoga	Erika	6:15pm

## Thursday

Class	Instructor	Time
HIIT Spin	Amy	6:10am
Yoga for Stiff People	Jodie	9:00am
HIIT Spin	Adryen	5:30pm
Yoga for Stiff People	Jodie	6:15pm
Zumba	Michelle	6:35pm

## Friday

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

# Fitness News

**Avon Residents**, please take note-  
**Monthly Memberships** for are increasing in 2017.  
Save some money by purchasing  
a 6-month or 1-year membership now.

Did you know **Wednesdays** are **League Night**  
here at the rec? Get your crew and sign up for  
**Inner Tube Water Polo** in January.

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](http://WWW.AVONREC.ORG)

## FITNESS AND WELLNESS CLASS DESCRIPTIONS

**Beginner 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.

**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 work out 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

**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.

**POUND Fitness:** (trademarked): The worlds 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!

**Restorative Tai Chi:** 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.

**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.

**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.

**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 type 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.

