

FITNESS CLASS SCHEDULE

May 15-21



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:15 AM Christian	Vinyasa Yoga 8:30 AM Samantha. E	HIIT 6:15 AM Christian	Vinyasa Yoga 8:30 AM Samantha. E	HIIT 6:15 AM Christian	Yoga For Stiff People 9:00 AM Jodie
Yoga For Stiff People 9:00 AM Jodie	Water Aerobics 9:30 AM Barb	Spin/Sculpt 7:00 AM 8:15 AM Nancy	Water Aerobics 9:30 AM Barb		Pilates 10:15 AM Carla
Healthy Aging 10:00 AM-12:00PM Mia	Body Barre 5:30 PM Adryen Cancelled	Yoga For Stiff People 9:00 AM Jodie	Pilates 10:00 AM Carla		
Power of Emotion - \$ 6:00 PM Kristi	Oula 7:00 PM Samantha.R	Body Barre 10:15 AM Breanna	Body Barre 5:30 PM Adryen Cancelled		
		Swim Team Dryland 4:30 PM- 5:00PM	Oula 7:00 PM Samantha.R		
		HIIT 5:45 PM Christian			



*Classes are included with Membership or Punch Card
*Classes with \$ do cost an additional fee. Please click on class for more details.

Class Descriptions:

Yoga for Stiff People: Yoga Flow with the purpose of stretching with intention and mindful breathing. 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.

Rhythm Renewal: Ready to kick-start your metabolism, workout your muscles and enjoy the beautiful scenery? Join me on a fun, rhythmic walk to wake up your body and mind. We'll walk (dance and jam would be more accurate) for an hour around Avon's Nottingham lake and stop along the way to give your arms, waist and derriere some extra special attention, all while groovin' to some upbeat tunes. This is a fun way to start your day!

Barre Body Weight: This resistance training class is a barre inspired workout, using body weight and light weighted movements to target the muscles in the arms, thighs, glutes and abdominals. The point of fatigue then stretch them for the relief, combining strength training, core and stretch sequences that will sculpt the body.

Pilates: A powerhouse punch for you! Targeted exercises for strength, power, control and flexibility. Gain a renewed sensation of support in your legs and arms. Bring plenty of padding for this class, multiple layers of yoga mats are suggested.

Spin: Join us for an hour of indoor cycling that will challenge all levels of athletes. Classes combine a variety of endurance riding, strength, speed, and hill training to improve your overall fitness. Bike shoes and shorts are recommended but not required.

Spin & Sculpt: This 45-minute class will challenge all levels of athletes. It includes power indoor cycling with intervals using weights and body sculpting, off the bike. Bike shoes and shorts are recommended but not required.

Healthy Aging Exercise Class: Gentle, moderately paced activity focused on improving strength, coordination, balance, and flexibility for individuals 60 and better.

Water Aerobics: Water Aerobics is a low impact whole body conditioning that is good for your cardiovascular health and super fun and social. Takes place in the Diving Well, all equipment is provided.

Oula: Merges high-intensity cardio with easy to follow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack. Every Oula class empower participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection

HIIT: High Intensity Interval Training

Contact Mike Atencio, Recreation Service Supervisor matencio@avon.org for more information.