



Avalon at Buhl Park

MARCH 2021

FITNESS CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

FITNESS CENTERS

Avalon at Buhl Park Fitness Center

5 a.m. to 11 p.m.
7 Days / Week
(724) 704-8820

The Grand Resort
24 Hours a Day
(330) 856-1900

Member Services Department
(724) 704-8801
(330) 856-1900
(330) 539-5008

Please visit our website for class descriptions!
www.avalongcc.com

Classes are scheduled on a first-come first-serve basis.

For more information on making or cancelling a reservation, please see the Fitness Attendant for our Terms and Conditions.

Some classes may have substitute instructors

<p><u>Yoga with Deb</u> 9 a.m. to 10 a.m. Deborah H \$5/Class 8 spaces available</p>				<p><u>Yoga with Deb</u> 9 a.m. to 10 a.m. Deborah H \$5/Class 8 spaces available</p>	

To comply with CDC regulations, class styles and sizes have been reduced. Child care has also been temporarily suspended.

NO More Drop In Rates!

- Reservations are required by 8 p.m. the evening prior for 7 a.m. or earlier classes.
- All other classes require reservations two hours prior to the class start time. If a class does not have any reservations two hours prior to the start time, the class will be canceled.
- If the class is not canceled, members are welcome to drop in for no additional charge.

Call Member Services or the Fitness Desk to reserve your space today!

Avalon is committed to provide a safe and healthy atmosphere for our customers, members and employees. We continue to follow all current CDC and government agency guidelines to eliminate the spread of the COVID-19 virus.