

# FREE Fitness Classes

Reserve your space today by calling any of Avalon's Concierge or Fitness desks.

## FITNESS CENTERS

### Avalon at Buhl Park

5 a.m. to 11 p.m.

7 Days / Week

(724) 704-8820

### The Grand Resort

24 Hours a Day

(330) 856-1900

### Avalon at Squaw Creek

The Studio

## CONCIERGE SERVICES

(724) 704-8801

(330) 539-5008

(330) 856-1900

## 24 Hour Cancellation Policy

\$10 Guest Fee  
for any Member Guest\*  
in Fitness Calsses

ALL CLASSES  
ARE FREE  
FOR MEMBERS

## CLASS DESCRIPTIONS

**Yoga with Terri:** Join me in this hour session as I launch you on your journey to self-exploration and healing for your health and well-being. This includes a combination of grounding and foundational yoga poses with focused breath work and gentle stretching. Yoga is a wonderful way to build self-awareness, confidence, positive thinking, and clarity!

**Yoga with Deb:** This all levels class suited for beginners to long time practitioners includes hatha yoga postures with a slow vinyasa flow to create a mind body connection so you'll feel great all day! Improve your strength, stress management, balance and flexibility to support your overall health with Deb in this class.

**Total Body Tone Up:** This class is designed to challenge every single person at their own unique fitness level. The class format includes high intensity interval training, circuits, tabata, and bodyweight exercises utilizing balls, bands and dumbbells to help increase overall strength and endurance.

**Chair Yoga:** This yoga class provides a wide variety of yoga practices focusing on posture and alignment of the body using a chair.

**Aqua Yoga:** This practice takes you off land and into the water. Yoga poses or stances are performed in the shallow end of the pool finishing with a floating shavasana. Water's natural buoyancy makes it easier to stretch into position and reduces injury risk.

**Turbo-Kick:** Turbo Kick is a fat-blasting, ab defining cardio workout featuring real kickboxing moves set to heart pounding dance music that will have you looking forward to your next workout. No bags or gloves necessary.

**Pound:** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out.

**Happy Hour Tabata:** Through a variety of simple, yet intense exercises, this all levels class is sure to be a sweat fest! Be sure to kick off the weekend at Happy Hour after!

**HIIT Boot Camp:** This HIIT (high intensity interval training) boot camp is a full body workout incorporating cardio and strength movements that will get that heart rate up and bring it back down quick that is sure to get that metabolism fired up!

## WEEKLY CLASS SCHEDULE

Drop-ins welcome if space available.

### MONDAYS

#### YOGA WITH DEB

9-10 a.m. – Deb – BUHL

No Class 4/3 & 4/10

#### TOTAL BODY TONE UP

5:15-6 p.m. – Judy – BUHL

Pre-Register Only • 10 Spaces Available

#### TURBO KICK

6-7 p.m. – Shannon – SQUAW

No Class 4/24 & 5/1

### TUESDAYS

#### CHAIR YOGA

10:15-11:15 a.m. – Colleen – SQUAW

#### POUND

5:30-6:30 p.m. – Stephanie – SQUAW

#### YOGA WITH TERRI

7-8 p.m. – Terri – SQUAW

No Class 4/11 & 4/25

### WEDNESDAYS

#### TOTAL BODY TONE UP

5:15-6 p.m. – Judy – BUHL

Pre-Register Only • 10 Spaces Available

### THURSDAYS

#### AQUA YOGA

1:15-2:15 p.m. – Colleen – RESORT

#### HIIT BOOT CAMP

5:30-6:30 p.m. – Jimmy – SQUAW

### FRIDAYS

#### YOGA WITH DEB

9-10 a.m. – Deb – BUHL

No Class 4/7 & 4/14

#### CHAIR YOGA

11:30-12:30 p.m. – Colleen – SQUAW

#### HAPPY HOUR TABATA

4:15-5 p.m. – Stephanie – SQUAW

### SATURDAYS

#### HIIT BOOT CAMP

10-11 a.m. – Jimmy – RESORT

No Class 4/1

#### TOTAL BODY TONE UP

11:30-12:15 p.m. – Judy – BUHL

Pre-Register Only • 10 Spaces Available

