

Avalon at Buhl Park and The Avalon at The Resort Group Fitness Classes

Power Yoga	<i>This intense yoga practice takes it to the next level and is great for strength training. You'll leave with a good sweat and feel much more energized! \$5 per class</i>
Yoga with Deb	<i>This yoga class provides a wide variety of yoga practices focusing on posture and alignment of the body. It is for beginner to advanced levels and can be modified to fit any level yoga! \$5 per class</i>
Reformer Pilates	<i>Reformer Pilates takes you off the floor and onto a Reformer which uses a rope and pulley system to add more resistance where and when you want it. The resistance system provides a more challenging strength and endurance workout than traditional Mat Classes! \$10 per class</i>
Chair Yoga	<i>This low impact yoga class is practiced using a chair for support while in the poses. This gentle form of yoga can be the perfect modification for individuals having difficulty with traditional yoga or want to start at a more beginner level while receiving all the same great health benefits! \$5 per class</i>
Mat Pilates	<i>Great for Beginners! Mat Pilates is great because of its emphasis on learning how to control your core muscles during exercises. It is a great way to stretch and strengthen your body from the floor! \$5 per class</i>
Cardio Reformer	<i>This more intense Reformer Pilates class brings you the fat burning interval cardio you love, mixed in with various Reformer Pilates exercises to build lean muscle. \$10 per class</i>
Step Up Aerobics	<i>We love new fitness trends but we love a traditional favorite! This class is designed to work the lower body, upper body, core and cardiovascular system. \$5 per class</i>
Zumba	<i>Zumba takes the "work" out of working out by creating a calorie burning dance party! Come see why Zumba fitness classes are often called "exercise in disguise"! \$5 per class</i>
Indoor Cycle	<i>Come ride with us! Beginner to advanced levels can all get a higher intensity cardio workout! Indoor cycling is a lower impact work out that is a great way to torch calories, build those leg muscles and burn off some stress! \$10 per class</i>
Reformer/Mat	<i>This combo class gives the best of both worlds combining Reformer exercises with classic Mat Pilates moves! \$10 per class</i>
Aqua Aerobics	<i>This class takes off the ground and into the water! Avoid joint pain and strain in this lively water aerobics class designed to challenge your heart and muscles. \$7 per class *Held at the Resort*</i>
Aqua Zumba	<i>Aqua Zumba keeps the Zumba Fitness workout party going in the pool. This class is for you if you like Zumba but prefer a low-impact option. \$7 per class *Held at the Resort*</i>

All class prices are listed as Reserved Rates. If you arrive for a class an hour before the class begins and you are not in the reservation system for that particular class, you will be subjected to the Drop-In Rate of an additional \$5.

You have the option to pre-pay for classes or be auto-billed to your account after you attend a class.

Refunds will not be given for prepaid classes. You may transfer the prepaid class to another class at the same value. Refunds will not be given for missed classes.

You can reserve class through the Fitness Center at Avalon at Buhl Park (724) 704-8820. Also register through any Member Services Department at (330) 856-1900, (330) 539-5008, or (724) 704-8801.