



The Grand Resort

FEBRUARY 2020

FITNESS CLASS SCHEDULE

FITNESS CENTERS

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

**Avalon at Buhl Park
Fitness Center**
5 a.m. to 11 p.m.
7 Days / Week
(724) 704-8820

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

*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**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			<p>Gym Orientation 5 p.m. to 7 p.m. Zach Free to Members</p> <p>Aqua Zumba 6:15 p.m. to 7 p.m. Daniel \$7/Class</p>		<p>Aqua Aerobics 9 a.m. to 10 a.m. Ursula \$7/Class No Class 2/15</p>

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!