THE GRAND RESORT

FEBRUARY 2021 — 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 Departments

Squaw: (330) 539-5008
Buhl: (724) 704-8801
Resort: (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
				NEW CLASS ALERT!	**Aqua Aerobics** **10 a.m. to 11 a.m** Ursula M $7/Class
	Aqua Zumba **6:15 p.m. to 7 p.m.** $7/Class Daniel D		**Aqua Zumba** **6:15 p.m. to 7 p.m.** $7/Class Daniel D		

- 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!