

# **Avalon Golf and Country Club**

## **Fitness Classes at The Avalon Inn and Resort**

**October 22<sup>nd</sup> through December 13<sup>th</sup>**

### **Zumba Tone**

**Mondays – 6:15 p.m. to 7:15 p.m.**

**\$10 per class, per Member**

**Instructor: Terri Dean**

*A fitness program inspired by Latin dance. Founded by a Miami-based dancer and choreographer "Beto" Perez, Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is FUN and easy to follow. Zumba uses a variety of styles in its routines, including merengue, salsa, hip-hop, pop and mambo. Music selections include both fast and slow rhythms to help tone and sculpt the body. For specific information regarding this classes, please contact Terri at (330) 531-1232.*

### **Aqua Aerobics**

**Tuesdays – 6 p.m. to 7 p.m.**

**Thursdays – 9 a.m. to 10 a.m. (no class November 8<sup>th</sup>)**

**\$10 per class, per Member**

**Instructor: Terri Dean**

*Great workout to fun, aerobic routines with 45 minutes of cardio followed by 15 minutes of toning using barbells and noodles. This low-impact cardiovascular workout is great for anyone and is taught in the shallow end. For specific information regarding this classes, please contact Terri at (330) 531-1232*

**Saturday Aqua Aerobics beginning Mid-November!**

**Stay on the look-out for more classes beginning at our  
Buhl Park and Squaw Creek locations!**

*To register, please contact our Member Services Department  
at (330) 856-1900, (330) 539-5008 or (724) 704-8801.*