

FREE Fitness Classes

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

FITNESS CENTERS

Avalon at Buhl Park

5 am - 11 pm
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

\$15 Guest Fee
for any Guest* in
Fitness Classes

ALL CLASSES
ARE FREE
FOR MEMBERS



CLASS DESCRIPTIONS

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 is a total body workout that uses a variety of equipment including body weight. Focusing on strength, toning and cardiovascular fitness. This class is for the intermediate to advanced persons.

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 reduce injury risk.

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

TABATA: Through a variety of simple, yet intense exercises, this all levels class is sure to be a sweat fest!

INDOOR CYCLE: This indoor group cycling class provides an energized atmosphere as our instructor guides you through a challenging ride focusing on endurance intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel.

30/30: This 1-hour hybrid class involves 30 minutes of cycling and 30 minutes of a full body strength workout to engage every muscle in a fun combination of cardio and strength training.

WEEKLY SCHEDULE

Drop-ins welcome if space available

MONDAYS

YOGA WITH DEB

Instructor: Deb

9-10am @ Buhl

TUESDAYS

INDOOR CYCLE

Instructor: Krista

6-6:45am @ Buhl

CHAIR YOGA

Instructor: Colleen

10:15am-11:15am @ Squaw Creek

NO CLASS 4/4

TOTAL BODY TONE UP

Instructor: Judy

5:15-6am @ Buhl

→ Pre-Register Only. 12 Spaces Available

WEDNESDAYS

TABATA

Instructor: Amy

5-6pm @ Squaw Creek

NO CLASS 4/2 & 4/16

30/30

Instructor: Marissa

5:15-6:15pm @ Buhl

THURSDAYS

AQUA YOGA

Instructor: Colleen

1:15-2:15pm @ The Resort

INDOOR CYCLE

Instructor: Krista

5-5:45pm @ Buhl

TOTAL BODY TONE UP

Instructor: Judy

5:15-6pm @ Buhl

→ Pre-Register Only. 12 Spaces Available

TURBO KICK

Instructor: Shannon

6-7pm @ Squaw Creek

FRIDAYS

YOGA WITH DEB

Instructor: Deb

9-10am @ Buhl

CHAIR YOGA

Instructor: Colleen

11:30-12:30pm @ Squaw Creek

SATURDAYS

TOTAL BODY TONE UP

Instructor: Judy

5:15-6pm @ Buhl

→ Pre-Register Only. 12 Spaces Available