

# FREE Fitness Classes

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

## FITNESS CENTERS

### Avalon at Buhl Park

5 a.m. to 11 p.m.  
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 Calsses



## 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 person.

**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 reduces 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.

## WEEKLY SCHEDULE

Drop-ins welcome if space available.

### MONDAYS

#### YOGA WITH DEB

9-10am – Deb – Buhl Park

#### TURBO KICK

6-7pm – Shannon – Squaw Creek  
No Class 10/14

### TUESDAYS

#### INDOOR CYCLE

6-6:45am – Krista – Buhl Park  
No Class 10/8

#### CHAIR YOGA

10:15-11:15am – Colleen – Squaw Creek

#### TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park  
Pre-Register Only • 12 Spaces Available

### WEDNESDAYS

#### TABATA

5-6pm – Amy – Squaw Creek  
No Class 10/9 & 10/16

### THURSDAYS

#### AQUA YOGA

1:15-2:15pm – Colleen – Grand Resort

#### INDOOR CYCLE

5-5:45pm – Krista – Buhl Park  
No Class 10/10

#### TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park  
Pre-Register Only • 12 Spaces Available  
No Class 10/31

### FRIDAYS

#### YOGA WITH DEB

9-10am – Deb – Buhl Park

#### CHAIR YOGA

11:30-12:30pm – Colleen – Squaw Creek

### SATURDAYS

#### TOTAL BODY TONE UP

11:30-12:15pm – Judy – Buhl Park  
Pre-Register Only • 12 Spaces Available  
No Class 10/26