

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

\$10 Guest Fee

for any Member Guest*
in Fitness Calsses



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 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 kickboxing 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! Be sure to kick off the weekend at Happy Hour after!

Morning Cycle: 45 minutes of cycle! Give your legs and core the ultimate workout in under an hour.

WEEKLY CLASS SCHEDULE

Drop-ins welcome if space available.

MONDAYS

YOGA WITH DEB

9-10am – Deb – Buhl Park
No Class 3/1

TUESDAYS

CHAIR YOGA

10:15-11:15am – Colleen – Squaw Creek

TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park
Pre-Register Only • 10 Spaces Available
No Class 3/5

WEDNESDAYS

TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park
Pre-Register Only • 10 Spaces Available
No Class 3/6

TABATA

5-6pm – Amy – Squaw Creek

THURSDAYS

AQUA YOGA

1:15-2:15pm – Colleen – Grand Resort

INDOOR CYCLE

5-6pm – Krista – Buhl Park

TURBO KICK

6-7pm – Shannon – Squaw Creek

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 • 10 Spaces Available
No Class 3/2