



Avalon at Squaw Creek

MARCH 2021

FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>FITNESS CENTERS</u></p> <p>Avalon at Buhl Park Fitness Center 5 a.m. to 11 p.m. <i>7 Days / Week</i> (724) 704-8820</p> <p>The Grand Resort <i>24 Hours a Day</i> (330) 856-1900</p> <hr/> <p>Member Services Departments</p> <p>Squaw: (330) 539-5008 Buhl: (724) 704-8801 Resort: (330) 856-1900</p> <hr/> <p><i>Please visit our website for class descriptions!</i> www.avalongcc.com</p> <hr/> <p>Classes are scheduled on a first-come first-serve basis.</p> <p><i>For more information on making or cancelling a reservation, please see the Fitness Attendant for our Terms and Conditions.</i></p> <p><i>*Some classes may have substitute instructors*</i></p>		<p><u>Beginner's Yoga</u> 7 p.m. to 8 p.m. Terri K \$5/Class No Class 3/16</p>		<p><u>Chakra Yoga</u> 5:30 p.m. to 6:30 p.m. Sarah M \$5/Class No Class 3/18, 3/25</p>		

NO Drop In Rates!

- 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!

Avalon is committed to provide a safe and healthy atmosphere for our customers, members and employees. We continue to follow all current CDC and government agency guidelines to eliminate the spread of the COVID-19 virus.