



# Avalon at Squaw Creek

**FEBRUARY 2020**

**FITNESS CLASS SCHEDULE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**FITNESS CENTERS**

**Avalon at Buhl  
Park Fitness  
Center**

5 a.m. to 11 p.m.  
7 Days / Week  
(724) 704-8820

**The Grand Resort**

24 Hours a Day  
(330) 856-1900

**Member Services  
Department**

(724) 704-8801  
(330) 856-1900  
(330) 539-5008

*Please visit our  
website for  
class  
descriptions!  
[www.avalongcc.com](http://www.avalongcc.com)*

Classes are  
scheduled on a  
first-come  
first-serve basis.

*For more  
information on  
making or  
cancelling a  
reservation,  
please see the  
Fitness Attendant  
for our Terms and  
Conditions.*

*\*Some classes may  
have substitute  
instructors\**

<p><b><u>Indoor Cycle</u></b> 6 p.m. to 7 p.m. Denise Certified SPINNING Instructor \$5/Class</p>	<p><b><u>Zumba</u></b> 6:15 p.m. to 7 p.m. Daniel \$5/Class</p> <p><b><u>Beginner's Yoga</u></b> 7 p.m. to 8 p.m. Terri K \$5/Class</p>	<p><b><u>P90X LIVE</u></b> 6:30 p.m. to 7:30 p.m. Jeff W \$10/Class No Class 2/5, 2/19</p>			<p><b><u>P90X LIVE</u></b> 10:30 a.m. to 11:30 a.m. Jeff W \$10/Class</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!***