



Avalon Golf and Country Club at Buhl Park

Group Fitness Class Schedule

May 7th through June 30th

Hours of Operation

Fitness Center

Daily
5 a.m. to 11 p.m.

Child Care

Monday – Saturday
9 a.m. to Noon
Reservations Suggested
5 p.m. to 8 p.m.
Reservations Required

Fitness Center

(724) 704 – 8820

Member Services Department

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reformer Strength & Stretch 7 a.m. Danielle \$12 / Class Yoga 9 a.m. Deb \$10 / Class Yoga 10:30 a.m. Deb \$10 / Class Pilates Tone and Stretch 11:40 a.m. Judy \$12 / Class No classes May 21 st and 28 th Pilates - Level 1 1 p.m. Judy \$12 / Class No classes May 21 st and 28 th		Reformer Strength & Stretch 7 a.m. Danielle \$12 / Class Pilates Reformer Fusion 10:30 a.m. Danielle \$12 / Class Pilates - Level 1 1 p.m. Judy \$12 / Class No class May 23 rd Group Exercise 4:40 p.m. Judy \$10 / Class No class May 23 rd Power Yoga (Heat) 5 p.m. Danielle \$12 / Class Yin Yoga 6:15 p.m. to 7:30 p.m. Danielle \$12 / Class	Advanced Reformer Fusion 10:15 a.m. Judy \$12 / Class No class May 24 th Pilates - Level 1 2 p.m. Judy \$12 / Class No class May 24 th Pilates Reformer Fusion 5:45 p.m. Judy \$12 / Class No class May 24 th	Yoga 9 a.m. Deb \$10 / Class	Pilates Reformer 8 a.m. Judy \$12 / Class No classes May 19 th and 26 th
<div> Advanced reservations for fitness classes are highly recommended. Please call Member Services to reserve your space! </div>					
					<p>Classes are scheduled on a first-come first-serve basis.</p> <p>A 24-hour cancellation policy is in effect for all fitness classes. A member who cancels their class reservation less than 24 hours before the scheduled class time will be charged for the class.</p>