

· BOOT-CAMP STYLE · CORE STRENGTHENING ·

SUP HIIT with Dan

· ALL LEVELS WELCOME · EQUIPMENT PROVIDED ·



AVON
RECREATION DEPARTMENT

Tuesdays and Thursdays | 6:30-7:30am
8-Weeks: \$200 | Drop-In: \$20/Class
Beginning April 24th

A boot-camp style class which includes interval based training, core strengthening exercises and paddle drills to get your heart rate up. This full body 60-minute workout will combine paddling with strength and conditioning activities. Each class is unique, fun and challenging for all levels. Intervals, battle of the paddle, relays, circuits, and balance challenges are just some of the fun that you will experience in this 8-week program. You will be given tips and paddling advice so you can get the most out of your workout. We will also show you techniques to use your core instead of your arms to paddle more efficiently and effectively.

8 week progressive program, regular attendance is highly recommended for optimal results.

For More Information Call or Visit The Avon Recreation Center

970-748-4060 • www.avonrec.org • 90 Lake Street, Avon, CO 81620

FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: APRIL 22, 2018

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Class	Instructor	Time
New Buti Yoga	Carrie	9:00 _{am}
Hatha Yoga	Annie	9:00 _{am}
Vinyasa Yoga	Suspended	11:30 _{am}
Senior Spot	Eagle Valley Senior Life	1:00 _{pm} 3 Hours
Tai Chi for Beginners	Briony	5:15 _{pm}
Vinyasa Yoga	Alexa	6:20 _{pm}
Intermediate Tai Chi	Terrill	6:35 _{pm} 1 Hour 10 minutes
Ballroom Dance Class \$	Kathy & Scott	7:45 _{pm}

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Class	Instructor	Time
HIIT Spin	Amy	6:10 _{am}
Seniors Tai Chi	Terrill	7:55 _{am}
Hatha Yoga	Annie	9:00 _{am}
Forever Fit	Carla	10:15 _{am} 1 Hour 15 minutes
Baby and Me Yoga & Barre	Suspended	11:00 _{am} 1 Hour 45 Minutes
5 Rhythms Sweat! \$	Dominique	6:00 _{pm} 1Hour 30 minutes
Yoga For Stiff People	Jodie	6:20 _{pm}

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Class	Instructor	Time
HIIT Spin	Nancy	6:10 _{am}
Fun-Fit/Zumba Fusion	Beth	7:35 _{am}
Hatha Yoga	Cheryl	9:00 _{am}
Total Body Barre	Adryen	9:00 _{am}
All Abs	Adryen	10:05 _{am} 30 Minutes
Senior Spot	Eagle Valley Senior Life	1:00 _{pm} 3 Hours
Tai Chi for Beginners	Briony	5:15 _{pm}
New Vinyasa Yoga	Paul	6:20 _{pm}
Intermediate Tai Chi	Terrill	6:35 _{pm}

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Class	Instructor	Time
HIIT Spin	Bree	6:10 _{am}
Seniors Tai Chi	Terrill	7:55 _{am}
New Buti Yoga	Carrie	9:00 _{am}
Breathe and Flow Yoga	Jodie	9:00 _{am}
Forever Fit	Carla	10:15 _{am} 1 Hour 15 minutes
Fun-Fit/Zumba Fusion	Kathy	11:35 _{am}
Staff Meeting	Recreation Staff	1:00 _{pm}
Zumba	Claire	5:30 _{pm} 45 minutes
Pound	Claire	6:15 _{pm} 45 minutes
Yoga For Stiff People	Jodie	6:20 _{pm}
OULA	Sam	7:15 _{pm}

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Class	Instructor	Time
Total Body Barre	Adryen	8:00 _{am}
New Vinyasa Flow Yoga	Cheryl	9:00 _{am}

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Class	Instructor	Time
OULA	Sam	9:00 _{am}
Breathe and Flow Yoga	Jodie	8:30 _{am}

All fitness classes are one hour long unless otherwise noted above

Two **NEW** Fitness class beginning May 8th with Vall!
Circuit Blast | Tuesdays | 9:00-10:00 & Whole Body HIIT | Tuesdays | 12:00-12:45

Please take note of our new Pool Safety Breaks beginning April 1st.
 Visit www.avonrec.org for more information.

Would you like to win a **5 visit** punch pass? Sign up to receive our monthly news letter and take a brief survey!

FITNESS AND WELLNESS CLASS DESCRIPTIONS

Amazing workouts, cleverly disguised as fun. Group Exercise classes can motivate and inspire you to push yourself beyond what you thought possible. Here at the Avon Recreation Center, our classes have been designed to meet the needs of beginners and the advanced athlete alike. All of our classes are taught by instructors who are friendly, approachable and always ready offer encouragement. While all group exercise classes are designed for healthy adults, most, if not all, exercises can be modified to accommodate any problematic areas participants might have so don't let that hold you back. Try a class today!

Buti Yoga: High energy yoga infused with bursts of cardio, tribal dance, strengthening and isometric movement. There is a huge focus on the core and the lower back to help wake-up sedentary muscles. The music is loud, everyone goes at their own pace and there is no judgement. Some yoga background is helpful but not required. Come sweat with intention, be brave with your life!

5 Rhythms: is an unchoreographed dynamic movement practice - a practice of being in your body - that ignites creativity, connection, and community. By moving through the 5Rhythms (Flowing, Staccato, Chaos, Lyrical, and Stillness) we unleash the dynamic power that is alive within us. Each rhythm is uniquely interpreted by each individual, opening them to a new sense of freedom and possibility. Rooted in the principle that if you put the psyche in motion it will heal itself. The 5Rhythms take us just as we are, regardless of our life cycle, gender, physical limitations or experience. 5Rhythms is usually practiced barefoot, in loose fitting comfortable clothes that you can sweat in.

OULA: OULA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA® is Dancemania for the Soul.

POUND Fitness™: The worlds first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing drums. Using weighted drumsticks specifically engineered for exercising, this class transforms drumming into an incredible effective workout. This exhilarating full body workout combines cardio, conditioning and strength training with yoga and Pilates inspired movements. Burn up to 900 calories per hour, strengthen and sculpt, and drum your way to a stronger, leaner physique-all while rocking out to your favorite music!

Forever Fit: This class creates a plan of wellness and prevention for active older adults. Participants will be provided with challenges to improve upon strength, balance and flexibility.

Full Body Barre: This complete body work out will utilize the ballet bar to strengthen, tone and balance the entire body. Each class includes several highly effective sequences of toning and resistance exercise with an emphasis on the core, arms, seat and thighs.

HIIT: By rotating segments of high intensity work and active recovery, these short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning

Vinyasa Flow Yoga: The teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa's strength is in its diversity.

Yoga for Stiff People: This gentle and effective approach to yoga will ease you into strength and flexibility through the use of breathing, props, and a variety of modifications of traditional yoga poses.

Hatha Yoga: Most forms of yoga in the West can be classified as Hatha Yoga. The word "hatha" can be translated two ways: as "willful" or "forceful," or the yoga of activity, and as "sun" (ha) and "moon" (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation.

Baby Yoga/Baby Barre: This class is all about you and baby! This class is very informal and will be full of laughter! Feel free to ask questions throughout or to stop and soothe, feed, and change your baby. Connect and have fun with your baby while getting toned, and strong.

Beginning Tai Chi: *Explore the powerful art of Tai Chi, a martial and health practice of slow movements which are gentle, restorative, and stimulating. Students learn to move using energy and breath. It is a nurturing self-care practice which enhances awareness, stability, comfort & ease of movement. All Levels Welcome. Yang Style Tai Chi.*

Intermediate Tai Chi: Continuing study of Yang Style Long Form, furthering awareness of natural body movement, refining balance through movement, 13 energies, and the study of mind intent.

Tai Chi for Seniors: Designed for seniors, taught by a senior. Through movement we will rediscover our natural balance and awareness. This class is for seniors only.