

# FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: MAY 21, 2017

## FITNESS NEWS

Tai Chi for Seniors has been moved to Tuesdays and Thursdays at 7:55<sub>am</sub> and class is now 1 hour long! Ready to take your yoga practice outside? Avon Rec will be hosting FREE Saturday yoga classes beginning June 10th!

Avon Rec Kickball begins Wednesday June 7th. Register your team now before spots fill up.

Monday

Class	Instructor	Time
Hatha Yoga	Chanelle	9:00 <sub>am</sub>
Vinyasa Yoga	Chanelle	11:30 <sub>am</sub>
Beginner Tai Chi	Terrill	5:15 <sub>pm</sub>
HIIT	Kat	5:30 <sub>pm</sub>
Vinyasa Yoga	Alexa	6:15 <sub>pm</sub>
HIIT Spin	Adryen	6:30 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub>

Tuesday

Class	Instructor	Time
HIIT Spin	Bree	6:10 <sub>am</sub>
Tai Chi for Seniors	Terrill	7:55 <sub>am</sub>
Pound	Claire	9:00 <sub>am</sub>
Power Yoga	Tanya	9:00 <sub>am</sub>
Forever Fit	Claire	10:15 <sub>am</sub>
Baby Yoga Baby Barre	Chanelle	11:00 <sub>am</sub> 1 Hour 45 Minutes
Police Training	Avon PD	1:00-5:00 <sub>pm</sub>
Boot Camp	Chris	5:30 <sub>pm</sub>
Yoga for Stiff People	Alexa	6:15 <sub>pm</sub>

Wednesday

Class	Instructor	Time
HIIT Spin	Nancy	6:10 <sub>am</sub>
Vinyasa Yoga	Cheryl	9:00 <sub>am</sub>
Full Body Barre	Adryen	9:00 <sub>am</sub>
All Abs	Adryen	10:15 <sub>am</sub>
Beginner Tai Chi	Terrill	5:15 <sub>pm</sub>
HIIT	Kat	5:30 <sub>pm</sub>
Vinyasa Yoga	Didi	6:15 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub>

Thursday

Class	Instructor	Time
Tai Chi for Seniors	Terrill	7:55 <sub>am</sub>
Yoga for Stiff People	Chanelle	9:00 <sub>am</sub>
Police Training	Avon PD	1:00-5:00 <sub>pm</sub>
Divine Women Yoga	Chanelle	5:00 <sub>pm</sub>
Yoga for Stiff People	Cheryl	6:15 <sub>pm</sub>

Friday

Class	Instructor	Time
Total Body Barre	Adryen	8:00 <sub>am</sub>
Vinyasa Yoga	Didi	9:00 <sub>am</sub>
Power Yoga	Tanya	12:00 <sub>pm</sub>



## Go Paperless

Sign up today for paperless notification emails from Avon Recreation Department.

It is the quickest and greenest way to get updates on all of our fitness classes.

## 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!*

**POUND Fitness:** (trademarked): 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!

**Tabata:** A high intensity workout protocol for fitness and weight loss. Developed by a Japanese scientist, this high intensity interval training class uses circuit and cross fit style moves to help you achieve maximum fitness in minimum time.

**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.

**Divine Women Yoga:** Yoga teaches that the creative energy of the Universe is a feminine power called *shakti*. Every woman holds within her, feminine grace, power, and magic. Come and connect into a circle of sisterhood. Balance the hormones, increase your fertility, connect with your femininity. Learn to connect with the cycles of the moon. Embrace and step into your own power. Together women can help change the world.

**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.

**Zumba:** This dance-based class uses Latin music styles type perform the salsa, mambo and merengue to increase cardio vascular endurance. In addition, a little hip-hop, burlesque and other dance style to keep the fun and excitement going.

**Restorative Body Movement:** Exercises designed to gently rejuvenate your mind and body during this 1 hour session. Gain heightened awareness of one's body through movement. Build up and strengthen your whole body while learning to ease tension and discomfort through intentional natural movements that nurture you.

**Beginning Tai Chi:** Introducing the basics of our Tai Chi study. Qi Gong exercises, foundational stance study, and Section 1 of Yang Style Long Form. Increase balance, stability & efficiency in movement. Gain understanding of how you move and why it is important to pay close attention to the way we move.

**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.

