

# OUTDOOR FITNESS AND WELLNESS CLASS SCHEDULE WEEK OF OCTOBER 18, 2020

## MONDAY

Class	Instructor	Time
Rhythm Renewal	Kathy	10:30 <sub>am</sub>

## TUESDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	11:00 <sub>am</sub>
Vinyasa Yoga	Alexa	5:30 <sub>pm</sub>

## WEDNESDAY

Class	Instructor	Time
SPIN-Rec Center	Nancy	8:00 <sub>am</sub>
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>
Barre Body Weight	Adryen	11:00 <sub>am</sub>

## THURSDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	11:00 <sub>am</sub>
Rhythm Renewal	Kathy	10:30 <sub>am</sub>
Vinyasa Yoga	Suspended	5:30 <sub>pm</sub>

## FRIDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	11:00 <sub>am</sub>

## SATURDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	11:00 <sub>am</sub>

## OUTDOOR CLASS GUIDELINES:

Classes are weather dependent. Cancellation notices will be delivered via email

1. Register at least 24 hours in advance, active membership required
2. Email registration: [avonrec@avon.org](mailto:avonrec@avon.org) please include your name, the day and class you wish to attend
3. Meet your instructor in front of the Nottingham Park Stage
4. Yoga equipment will not be provided, please supply your own gear, (mat, block, etc.). Class space is limited.
5. Do not attend if you are feeling sick or show any symptoms of COVID-19
6. Physical distance of six feet or more from each participant must be strictly adhered to at all times
7. Fit Court handles and touch points must be thoroughly cleaned after each use with the sanitizing wipe provided
8. Please arrive prepared for class, locker rooms, showers will not be accessible
9. Public health officials encourage seniors and others in higher risk categories to remain at home and limit person to person contact.



## **Outdoor Class Descriptions:**

**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. Classes include use of natural outdoor areas and our Fit Court

**Yoga for Stiff People:** Yoga Flow with the purpose of stretching with intention and mindful breathing. 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.

**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.

**Rhythm Renewal:** Ready to kick-start your metabolism, workout your muscles and enjoy the beautiful scenery? Join me on a fun, rhythmic walk to wake up your body and mind. We'll walk for an hour and stop along the way to give your arms, waist and derrière some extra special attention, all while groovin to some upbeat tunes. This is a great way to start your day! Thursday morning at 10:30 a.m.