

LOW IMPACT WATER WALKING CLASS

Strengthen muscles with low-impact water walking techniques in the 1 hour class. Walk at your own pace, working with or against the current.

Take advantage of the natural resistance of water to improve cardio, strength and balance.

All fitness levels welcome.

Thursdays with Carla

8:30-9:30am

Included with a Fitness Rider



**Beginning
November
1st!**



AVON

RECREATION DEPARTMENT

• 90 Lake Street • 970-748-4060 • www.avonrec.org

FITNESS SCHEDULE FOR THE WEEK OF OCTOBER 21, 2018

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Class	Instructor	Time
Winter Conditioning <i>No Membership Required</i>	Dan	6:45 ^{am} <i>1 Hour 15 Minutes</i>
Hatha Yoga	Chanelle	9:00 ^{am}
Silver Sneakers	Suspended	11:00 ^{am}
Vinyasa Yoga	Chanelle	11:30 ^{am}
Dance-Fit/Zumba	Beth	12:15 ^{pm}
Vinyasa Yoga	Alexa	6:00 ^{pm}
Intermediate Tai Chi	Terrill	6:35 ^{pm} <i>1 Hour 10 minutes</i>
Adult Dance \$ <i>No Membership Required</i>	Kathy/Scott	7:45 ^{pm} <i>1 Hour 15 Minutes</i>

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Class	Instructor	Time
HIIT SPIN	Nancy	6:10 ^{am}
Power Vinyasa	Kaitlyn	6:10 ^{am}
Seniors Tai Chi	Terrill	7:55 ^{am}
Hatha Yoga	Annie	9:00 ^{am}
Forever Fit	Carla	10:15 ^{am}
Baby and Me Yoga & Barre \$	Chanelle	10:15 ^{am}
Prenatal Yoga \$	Chanelle	11:30 ^{am}
Yoga For Stiff People	Jodie	6:00 ^{pm}
5 Rhythms \$	Dominique	6:00 ^{pm} <i>1 hour 30 minutes</i>

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Class	Instructor	Time
HIIT Spin	Amy	6:10 ^{am}
Tai Chi for Beginners	Briony	7:45 ^{am}
Hatha Yoga	Cheryl	9:00 ^{am}
Total Body Barre	Adryen	9:00 ^{am}
All Abs	Adryen	10:05 ^{am} <i>30 Minutes</i>
Tai Chi Form Practice	Briony	5:00 ^{pm} <i>15 Minutes</i>
Tai Chi for Beginners	Briony	5:15 ^{pm}
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}
Breathe and Flow Yoga	Jodie	9:00 ^{am}
Forever Fit	Carla	10:15 ^{am}
Dance-Fit/Zumba	Kathy	11:35 ^{am}
Staff Meeting	Recreation Staff	1:00 ^{pm} <i>2 Hours</i>
Winter Conditioning <i>No Membership Required</i>	Val	5:30 ^{pm} <i>1 Hour 15 Minutes</i>
Yoga For Stiff People	Jodie	6:00 ^{pm}
OULA	Sam	7:00 ^{pm}

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Class	Instructor	Time
Total Body Barre	Adryen	8:00 ^{am}
Vinyasa Flow Yoga	Didi	9:00 ^{am}
Winter Conditioning <i>No Membership Required</i>	Val	9:00 ^{am} <i>1 Hour 15 Minutes</i>

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Class	Instructor	Time
Hatha Yoga	Stephanie	9:00 ^{am}

All Classes are one hour in length un less otherwise noted

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

[**Click Here**](#)

Black Friday Pass Sale | \$200 Avon Residents, \$300 Non-Residents | 5 Months!

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!

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.

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.

Belly Dancing: Try the beautiful art of belly dance! This beginner class will take you through the basics and get you shimmying in no time. From swaying hips to graceful hand gestures, come celebrate the power and beauty of the feminine. This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength.

Breath and Flow Yoga: 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.

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!

Dance-Fit/Zumba: This class is a cardio blasting dance party which also incorporates light weight resistance, core work, and stretching. The dance moves are easy to follow, and the music is an inspiring high energy combination of Latin rhythms, and top 40 classics. This fun total body workout is perfect for all ages and abilities!

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.

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.

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

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.

Power Yoga: This practice emphasizes the importance of balancing structure and ease both on and off our mats. Utilize yoga to build a happy, healthy relationship with own body through self-inquiry and empowerment

Prenatal Yoga/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.

Silver Sneakers: Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support

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.

Winter Conditioning: The Winter Conditioning classes will prepare you for a stronger, healthier, and more confident snow sport season by focusing on overall body strength, agility, and balance through fitness techniques, education, and in-class training on how to avoid injuries on the slopes, ice or track. Classes are taught by our team of fitness professionals that specialize in skiing and riding.

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.

