



Avon Recreation Department

# Summer Tennis

**NEW!** Brought to you by the Tennis Professionals of *Cliff Drysdale Tennis*

## 2019 JUNIOR PROGRAMS

Starting June 3rd - September 25th

### **Pee Wees- Red Ball** (Ages 4-7) (\$15/class/child) **Mon, Tues, & Wed 3:15-4pm**

Pee Wees is an introduction to tennis that utilizes a smaller court and shorter racquets to enable earlier rally/play. Focus is on hand-eye coordination, racquet skills, basic movement, strokes, and most importantly FUN!

### **Future Stars- Orange + Green Ball** (Ages 8+) (\$15/class/child)

**Mon, Tues, & Wed 4-5pm**

This class continues to introduce tennis related techniques, movement, and the concept of rallying as well as games designed to help learn the concepts of tennis in a fun and enjoyable style.

**You can sign up for 1 day  
per week or all 3 days!**

To sign up please visit

[www.avonrectennis.com](http://www.avonrectennis.com)



## 2019 ADULT CLINICS

Starting June 3rd - September 25th

### **Learn & Play Pickle Ball** (\$15/class/person) **Tuesdays 5:30-6:30pm**

Pickleball is fast-paced, easy to learn, great exercise and lots of fun for all ages! We will teach you the basics of the game.

### **Cardio Tennis** (\$15/class/person) **Wednesdays 5:30-6:30pm**

A fast paced clinic incorporating a fun workout with upbeat music, fun drills, and point play! For all ages and abilities.

*Ask about our private & group lessons, available upon request.*



To sign up for a class or for more information please visit [www.avonrectennis.com](http://www.avonrectennis.com). You can also contact Hannah Thompson at 802-430-9594 or email [h.thompson@cliffdrysdale.com](mailto:h.thompson@cliffdrysdale.com)



# FITNESS SCHEDULE FOR THE WEEK OF: JUNE 23, 2019

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Class	Instructor	Time
HIIT Spin	Coming soon!	6:10 <sub>am</sub>
Hatha Yoga	Chanelle	9:30 <sub>am</sub>
HIIT od	Coming soon!	9:30 <sub>am</sub>
Silver Sneakers	Wendy	11:00 <sub>am</sub>
Vinyasa Yoga	Chanelle	11:15 <sub>am</sub>
HIIT Spin od	Coming soon!	12:00 <sub>pm</sub>
Dance-Fit/ Zumba	Beth	12:30 <sub>pm</sub>
HIIT	Christian	5:30 <sub>pm</sub>
HIIT Spin od	Coming soon!	5:30 <sub>pm</sub>
Vinyasa Yoga	Alexa	5:30 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:30 <sub>pm</sub> <i>1 Hour 15minutes</i>
Adult Dance \$ <i>No Membership required</i>	Suspended	7:50 <sub>pm</sub> <i>1 Hour 15 Minutes</i>

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Class	Instructor	Time
HIIT Spin od	Coming soon!	6:10 <sub>am</sub>
Hatha Yoga	Cheryl	9:30 <sub>am</sub>
Total Body Barre	Adryen	9:00 <sub>am</sub>
All Abs	Adryen	10:05 <sub>am</sub> <i>30 Minutes</i>
HIIT Spin od	Coming soon!	12:00 <sub>pm</sub>
Tai Chi for Beginners	Briony	4:00 <sub>pm</sub>
Tai Chi Form	Briony	5:00 <sub>pm</sub> <i>30 Minutes</i>
HIIT od	Coming soon!	5:30 <sub>pm</sub>
HIIT Spin od	Coming soon!	5:30 <sub>pm</sub>
Vinyasa Yoga	Paul	6:00 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub>

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Class	Instructor	Time
HIIT Spin	Nancy	6:10 <sub>am</sub>
Tai Chi for Seniors	Terrill	8:00 <sub>am</sub>
Hatha Yoga	Chanelle	9:30 <sub>am</sub>
HIIT od	Coming soon!	9:30 <sub>am</sub>
Baby and Me Yoga	Chanelle	10:15 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub>
HIIT Spin od	Coming soon!	12:00 <sub>pm</sub>
HIIT od	Coming soon!	5:30 <sub>pm</sub>
Yoga For Stiff People	Jodie	6:00 <sub>pm</sub>
5 Rhythms \$	Suspended	6:00 <sub>pm</sub>

**Red=West Studio**

**Blue=Upstairs Studio**

**Yellow=East Studio**

*All Classes are 1-Hour Long Unless Otherwise Noted*

Click [HERE](#) to learn more about the changes happening at the



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Class	Instructor	Time
HIIT Spin	Bree	6:10 <sub>am</sub>
Tai Chi For Seniors	Terrill	8:00 <sub>am</sub>
River Walking (pool)	Carla	8:30 <sub>am</sub>
Breathe and Flow Yoga	Sub needed	9:30 <sub>am</sub>
HIIT spin od	Coming soon!	9:00 <sub>am</sub>
HIIT od	Coming soon!	9:00 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub>
Dance Fit Zumba	Kathy	11:35 <sub>am</sub>
HIIT spin od	Coming soon!	12:00 <sub>pm</sub>
HIIT	Christian	5:30 <sub>pm</sub>
HIIT Spin od	Coming soon!	5:30 <sub>pm</sub>
Yoga for Stiff People	Jodie	6:00 <sub>pm</sub>
OULA	Suspended	7:00 <sub>pm</sub>

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Class	Instructor	Time
HIIT spin od	Coming soon!	6:10 <sub>am</sub>
Total Body Barre	Ardyen	8:00 <sub>am</sub>
Vinyasa Flow Yoga	Alexa	9:30 <sub>am</sub>
HIIT od	Coming soon!	9:30 <sub>am</sub>
HIIT spin od	Coming soon!	12:00 <sub>pm</sub>

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Class	Instructor	Time
Community Yoga	Alexa West Lawn	9:00 <sub>am</sub>
HIIT spin od	Coming soon!	9:00 <sub>am</sub>
HIIT od	Coming soon!	9:00 <sub>am</sub>

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Class	Instructor	Time
HIIT od	Coming soon!	4:00 <sub>pm</sub>
HIIT Spin od	Coming soon!	4:00 <sub>pm</sub>

## AQUATICS OFFERINGS

### ADULT SWIM LESSONS

Sign up today for a

[free swim evaluation/lesson!](#)

One of our qualified instructors is waiting to get you started!

Contact Michael Labagh for more details at [mlabagh@avon.org](mailto:mlabagh@avon.org) or 970-748-4446

### AQUATIC EXERCISE

Did you know water exercise is proven to:

- Increase your cardio output
- Decrease the impact on your body
- Improve flexibility

Try one of our classes today!

**Deep Water Aquatone:** Mon, Wed, Fri, 9-10am

**Shallow Water Aquatone:** Tuesdays, 10-11am

**River Walking:** Thursdays, 8:30-9:30am

## **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.

**Para Yoga Nidra:** Sleep with Awareness. With the use of blankets and bolsters, gentle Asana Yoga prepares the student for relaxation. Meditation practices then allow the student to achieve different states of consciousness; allowing the mind and body to sleep while witnessing spatial awareness, cognition, healing and other essentials for transformation.

**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.