

# FITNESS CLASS SCHEDULE

**Oct 1 - Oct 7**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Open Space</b> 10:00 AM - 1:00 PM</p> <p><b>RESERVED</b> 1:00 PM - 4:00PM</p> <p><b>Open Space</b> 4:00 PM - 8:00 PM</p>	<p><b>AVON REC CENTER CLOSED FOR MAINTENANCE</b></p>				<p><b>Yoga For Stiff People</b> 9:00 AM Jodie</p> <p><b>Pilates</b> 10:15 AM Carla</p> <p><b>Open Space</b> 11:30 AM - 8:00 PM</p>	

<b>East Studio Room</b>	
<b>MindBody (West) Studio</b>	<b>Nottingham Terrace</b>
<b>Pool</b>	<b>Nottingham Park</b>



- Classes are included with Membership, Punch Card, or Admissions
- Classes with \$ do cost an additional fee. Please click on class for more details.
- Classes with \* will be held in the Park; Rec Center West Lawn or Harry A. Nottingham Terrace (behind the stage)
- Classes are on a first come basis and are subject to fill. Classes do close five (5) minutes after class has started.

# Class Descriptions:

**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.

**Slow-Flow Yoga:** Yoga doesn't have to be fast to be a fun and effective, full body and mind workout. During each Slow-Flow class we practice three of the eight limbs of yoga; breathwork, poses and meditation. As one pose flows into the next we gain strength, focus and flexibility. Each pose is coordinated with breathing and focused gaze for developing concentration. Slow-flow yoga is appropriate for all yoga practitioners, as modifications are provided throughout the class.

**Body Barre/Booty Barre:** This resistance training class is a barre inspired workout, using body weight and light weighted movements to target the muscles in the arms, thighs, glutes and abdominals. The point of fatigue then stretch them for the relief, combining strength training, core and stretch sequences that will sculpt the body.

**Pilates:** A powerhouse punch for you! Targeted exercises for strength, power, control and flexibility. Gain a renewed sensation of support in your legs and arms. Bring plenty of padding for this class, multiple layers of yoga mats are suggested.

**Spin:** Join us for an hour of indoor cycling that will challenge all levels of athletes. Classes combine a variety of endurance riding, strength, speed, and hill training to improve your overall fitness. Bike shoes and shorts are recommended but not required.

**Age-ility:** harnesses the transformative power of exceptional fitness, rehabilitation, and overall wellness class to enrich your life. Age-ility has evolved an approach to fitness training and rehab solutions that are proven and person-centered. Join me for this class, designed to enhance and support your current fitness regime. Equipment will be utilized and no experience is necessary, all ages and abilities welcomed!

**Water Aerobics:** Water Aerobics is a low impact whole body conditioning that is good for your cardiovascular health and super fun and social. Takes place in the Diving Well, all equipment is provided.

**Oula:** Merges high-intensity cardio with easy to follow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack. Every Oula class empower participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection

**HIIT: High Intensity Interval Training**

**Vinyasa Yoga:** emphasizes the sequential movement between postures, coordinated with and guided by mindful breath. This class is a moving meditation that creates strength, freedom and fluidity in the body and mind. As we ride the waves of breath in our Yoga practice, we learn to ride the waves of change in our lives with more ease. All levels are welcome to join this vigorous practice in finding one's state of flow

**Move It!:** Keep your body and mind active, using various equipment like balls, straps, chairs, and body movements. "Motion is lotion!" Stretch, movement & breathing will be required!

**Hip/Hop Dance:** All dancers and levels welcome! The class will cover the fundamentals of hip hop dance, improv/freestyle, and choreography. We will dive into the street art form of hip hop dance infused with jazz, funk, soul, and other vernacular dances. The class will be based on rhythm and coordination with an emphasis on individual style. Come let your inner dancer be free!

**Yoga Flow:** Yoga Flow incorporates energetic vinyasa yoga methods through a series of fluid asanas and breath work. Emphasize strength, movement, and flexibility through the sequential motions between postures guided by deliberate breathing techniques. Gentle yin & meditation practices included at the end of each class. All levels welcome.

**MindBody Flow:** Move with breath and tune in to the subtle bodies that are with us each day. Mindful asana with alignment principles to ground into stability and seek balance. This class provides a full-body experience with the intention to draw in greater awareness to how we move physically so that we can connect that to our emotion and heart.

**Rhythm Renewal:** Ready to kick-start your metabolism, workout your muscles and enjoy the beautiful community? Join me on a fun, rhythmic walk to wake up your body and mind. We'll walk, dance, and jam all while groovin to some upbeat tunes. This is a fun way to start your day!

**Blues Swing Dance:** Music will be a variety of Blues, slow and faster. Dance steps will be simple and incorporating familiar country and ballroom moves. There will be solo and partner dances, with switching leads and follows. No partner needed.