

FITNESS AND WELLNESS CLASSES JANUARY 11 TO FEBRUARY 6

MONDAY

Class	Instructor	Time
Yoga for Stiff People	Jodie	9:00 _{am}
Vinyasa Yoga	Alexa <small>ZOOM</small>	5:30 _{pm}

TUESDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie <small>ZOOM Option</small>	5:30 _{pm}
Pilates	Carla <small>ZOOM Option</small>	10:00 _{am}

WEDNESDAY

Class	Instructor	Time
SPIN	Nancy	7:00 _{am}
Yoga For Stiff People	Jodie <small>ZOOM Option</small>	9:00 _{am}
Barre Body Weight	Adryen <small>ZOOM Option</small>	10:30 _{am}
Vinyasa Yoga	Alexa <small>ZOOM Option</small>	5:30 _{pm}

THURSDAY

Class	Instructor	Time
Pilates	Carla <small>ZOOM Option</small>	10:00 _{am}
OULA	Sam <small>ZOOM Option</small>	7:00 _{pm}

FRIDAY

Class	Instructor	Time
Yoga for Stiff People	Jodie <small>ZOOM Option</small>	9:00 _{am}

SATURDAY

Class	Instructor	Time
Pilates	Carla	10:00 _{am}
Forever Fit	Carla <small>ZOOM Option</small>	11:00 _{am}

FITNESS



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1. Pre-registration for all classes required. Please call the Avon Recreation Center, 970.748.4060 to register.
2. Face coverings are required inside the Recreation Center and during class.
3. Yoga equipment will not be provided, please supply your own gear, (mat, block, etc.). Class space is limited.
4. Do not attend if you are feeling sick or show any symptoms of COVID-19.
5. Physical distance of six feet or more from each participant must be strictly adhered to at all times.
6. Please arrive prepared for class, locker rooms, showers will not be accessible.
7. Public health officials encourage seniors and others in higher risk categories to limit person to person

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.

Forever Fit: Join Carla to help improve strength, balance, flexibility, energy, and overall health. Ideal for people with health concerns and who need extra guidance.

Pilates for Health and Wellbeing: A powerhouse punch for you! Targeted exercises for strength, power, control and flexibility. Gain a renewed sensation of support in your legs and arms