



Fitness Class Schedule

January 16th-22nd, 2022

MONDAY

Class	Instructor	Time
Yoga for Stiff People	Jodie	9:00 _{am}

TUESDAY

Class	Instructor	Time
Spin	Nancy	7:00 _{am}
Spin & Sculpt	Nancy	8:15 _{am} -9:00 _{am}
Oula	Samantha	7:00 _p

WEDNESDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	9:00 _{am}
Barre Body Weight	Adryen	10:05 _{am}

THURSDAY

Class	Instructor	Time
Spin	Jasmin	7:30-8:15 _{am}
Yoga Flow	Jasmin	8:30 _{am}
Pilates	Carla <small>CANCELED 1/20</small>	10:00 _{am}
Oula	Samantha	7:00 _{pm}

FRIDAY

Class	Instructor	Time
Barre Body Weight	Adryen <small>CANCELED 1/21</small>	9:00 _{am}
Yoga Flow	Jasmin	12:00 _{pm}

SATURDAY

Class	Instructor	Time
Yoga for Stiff People	Jodie	9:00 _{am}
Pilates	Carla <small>CANCELED 1/22</small>	10:15 _{am}

1. No reservations required.
2. Please supply your own personal equipment required for the specific class you are attending.
3. Admission to classes are included with your Avon Recreation Center membership or punch card. An individual class fee will apply for drop-ins.

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.

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 (dance and jam would be more accurate) for an hour around Avon's Nottingham lake 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 fun way to start your day!

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.

Barre Body Weight: 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 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. 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.

Spin & Sculpt: This 45-minute class will challenge all levels of athletes. It includes power indoor cycling with intervals using weights and body sculpting off the bike. Bike shoes and shorts are recommended but not required.

Contact Carla Summers, Fitness Coordinator, csummers@avon.org for more information.