

# WINTER CONDITIONING

*Included with admission or \$8 for Non-Members*

**Mondays**  
**5:30-6:30pm**

**Thursdays**  
**5:30-6:30pm**

**Saturday**  
**9:00-10:00am**

**Come to One or All Three!**



**Beginning October 14th**

**HOCKEY**

**SNOWSHOE**  
**NORDIC SKI**  
**SNOWBOARD**

**SKATE**

6 week progressive program, regular attendance is highly recommended for optimal results.

*This class will be indoors and outdoors, please dress accordingly.*

# FITNESS SCHEDULE FOR THE WEEK OF: OCTOBER 6, 2019

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Class	Instructor	Time
New! Spin	Wellbeats	6:10 <sub>am</sub>
Hatha Yoga	Chanelle	9:00 <sub>am</sub>
New! HIIT	Wellbeats	9:00 <sub>am</sub>
Dance-Fit/ Zumba	Beth	10:10 <sub>am</sub>
Silver Sneakers	Jeanne	11:00 <sub>am</sub>
Vinyasa Yoga	Chanelle	11:15 <sub>am</sub>
New! Spin	Wellbeats	12:00 <sub>pm</sub>
New! Winter Sports Conditioning	Christian	5:30 <sub>pm</sub>
New! Spin	Wellbeats	5:30 <sub>pm</sub>
Vinyasa Yoga	Suspended	5:30 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:30 <sub>pm</sub> <i>1 Hour 15minutes</i>

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Class	Instructor	Time
Spin	Wellbeats	6:10 <sub>am</sub>
Hatha Yoga	Chanelle	9:00 <sub>am</sub>
Total Body Barre	Adryen	9:00 <sub>am</sub>
All Abs	Adryen	10:05 <sub>am</sub> <i>30 Minutes</i>
New! Spin	Wellbeats	12:00 <sub>pm</sub>
New! HIIT	Wellbeats	5:30 <sub>pm</sub>
New! Spin	Wellbeats	5:30 <sub>pm</sub>
Vinyasa Yoga	Alexa	6:00 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub>

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Class	Instructor	Time
Spin	Amy	6:10 <sub>am</sub>
Tai Chi for Seniors	Terrill	8:00 <sub>am</sub>
Hatha Yoga	Chanelle	9:00 <sub>am</sub>
New! HIIT	Wellbeats	9:00 <sub>am</sub>
Baby and Me Yoga	Chanelle	10:15 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub>
New! Spin	Wellbeats	12:00 <sub>pm</sub>
HIIT	Wellbeats	5:30 <sub>pm</sub>
Yoga For Stiff People	Alexa	6:00 <sub>pm</sub>
5 Rhythms \$	2nd and 4th Tuesdays	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
Spin	Wellbeats	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	Jodie	9:00 <sub>am</sub>
New! Spin	Wellbeats	9:00 <sub>am</sub>
New! HIIT	Wellbeats	9:00 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub>
Dance Fit Zumba	Kathy	10:15 <sub>am</sub>
New! Spin	Wellbeats	12:00 <sub>pm</sub>
New! Winter Sports Conditioning	Christian	5:30 <sub>pm</sub>
New! Spin	Wellbeats	5:30 <sub>pm</sub>
Yoga for Stiff People	Jodie	6:00 <sub>pm</sub>
OULA	Sam	7:00 <sub>pm</sub>

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Class	Instructor	Time
New! Spin	Wellbeats	6:10 <sub>am</sub>
Total Body Barre	Adryen	9:00 <sub>am</sub>
Vinyasa Flow Yoga	Suspended	9:00 <sub>am</sub>
New! Spin	Wellbeats	12:00 <sub>pm</sub>

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Class	Instructor	Time
New! Winter Sports Conditioning	Macy	9:00 <sub>am</sub>
New! HIIT	Wellbeats	9:00 <sub>am</sub>

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Class	Instructor	Time
New! HIIT	Wellbeats	4:00 <sub>pm</sub>
New! Spin	Wellbeats	4:00 <sub>pm</sub>



## ADULT GROUP SWIM LESSONS

**CLASSES RUN FOR 30 MINUTES,  
1 DAY/WEEK FOR 3-4 WEEKS**

**4 LESSONS—\$25 | \*3 LESSONS—\$19**

### BEGINNER LEVEL:

**WEDNESDAYS, 6:00-6:30 PM**

September 4-25

October 2-23

\*November 6-20

\*December 4-18

### INTERMEDIATE LEVEL:

**MONDAYS, 6:00-6:30 PM**

September 9-30

October 7-28

\*November 4-18

\*December 2-16

**\*Class intended for participants looking to im-**

## **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.

