

FREE Fitness Classes

Reserve your space today by calling any of Avalon's Concierge or Fitness desks.

FITNESS CENTERS

Avalon at Buhl Park

5 a.m. to 11 p.m.
7 Days / Week
(724) 704-8820

The Grand Resort

24 Hours a Day
(330) 856-1900

Avalon at Squaw Creek

The Studio

CONCIERGE SERVICES

(724) 704-8801
(330) 539-5008
(330) 856-1900

\$10 Guest Fee
for any Guest* in
Fitness Calsses



CLASS DESCRIPTIONS

Yoga with Deb: This all levels class suited for beginners to long time practitioners includes hatha yoga postures with a slow vinyasa flow to create a mind body connection so you'll feel great all day! Improve your strength, stress management, balance and flexibility to support your overall health with Deb in this class.

Total Body Tone Up: This is a total body workout that uses a variety of equipment including body weight. Focusing on strength, toning and cardiovascular fitness. This class is for the intermediate to advanced person.

Chair Yoga: This yoga class provides a wide variety of yoga practices focusing on posture and alignment of the body using a chair.

Aqua Yoga: This practice takes you off land and into the water. Yoga poses or stances are performed in the shallow end of the pool finishing with a floating shavasana. Water's natural buoyancy makes it easier to stretch into position and reduces injury risk.

Turbo-Kick: Turbo Kick is a fat-blasting, ab defining cardio workout featuring real kick boxing moves set to heart pounding dance music that will have you looking forward to your next workout. No bags or gloves necessary.

Tabata: Through a variety of simple, yet intense exercises, this all levels class is sure to be a sweat fest!

Indoor Cycle: This indoor group cycling class provides an energized atmosphere as our instructor guides you through a challenging ride focusing on endurance intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel.

WEEKLY SCHEDULE

Drop-ins welcome if space available.

MONDAYS

YOGA WITH DEB

9-10am – Deb – Buhl Park

TURBO KICK

6-7pm – Shannon – Squaw Creek

TUESDAYS

CHAIR YOGA

10:15-11:15am – Colleen – Squaw Creek

TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park

Pre-Register Only • 10 Spaces Available

WEDNESDAYS

TOTAL BODY TONE UP

5:15-6pm – Judy – Buhl Park

Pre-Register Only • 10 Spaces Available

TABATA

5-6pm – Amy – Squaw Creek

No Class 4/17

THURSDAYS

AQUA YOGA

1:15-2:15pm – Colleen – Grand Resort

NEW CLASS! INDOOR CYCLE

5-5:45pm – Krista – Buhl Park

FRIDAYS

YOGA WITH DEB

9-10am – Deb – Buhl Park

CHAIR YOGA

11:30-12:30pm – Colleen – Squaw Creek

SATURDAYS

TOTAL BODY TONE UP

11:30-12:15pm – Judy – Buhl Park

Pre-Register Only • 10 Spaces Available