

# FUN-FIT *Fusion* ZUMBA



with Kathy and Beth

*Tuesdays &*

*Wednesdays*

*11:35-12:35pm*

**New  
Class  
Alert!**

*Included with  
a Fitness Rider!*



# FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: JANUARY 14, 2017

## Monday

Class	Instructor	Time
Longevity Training \$	Adir	8:00 <sub>am</sub>
<b>New HIIT Rope</b>	<b>Adir</b>	<b>9:00<sub>am</sub></b>
Hatha Yoga	Chanelle	9:00 <sub>am</sub>
Vinyasa Yoga	Chanelle	11:30 <sub>am</sub>
Beginner Tai Chi	Briony	5:15 <sub>pm</sub>
<b>New HIIT</b>	<b>Dan</b>	<b>5:30<sub>pm</sub></b>
Vinyasa Yoga	Alexa	6:15 <sub>pm</sub>
HIIT Spin	Adryen	6:30 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub> <i>1 Hour 10 minutes</i>
Ballroom Dance Class \$	Kathy & Scott	7:45 <sub>pm</sub>

## Tuesday

Class	Instructor	Time
HIIT Spin	Amy	6:10 <sub>am</sub>
Seniors Tai Chi	Terrill	7:55 <sub>am</sub>
Pound	Claire	9:00 <sub>am</sub>
Hatha Yoga	Annie	9:00 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub> <i>1 Hour 15 minutes</i>
Baby and Me Yoga & Barre	Chanelle	11:00 <sub>am</sub> <i>1 Hour 45 Minutes</i>
<b>NEW Fun-Fit/ Zumba Fusion</b>	<b>Kathy</b>	<b>11:35<sub>am</sub></b>
Belly Dancing	Daniela	5:30 <sub>pm</sub>
Yoga For Stiff People	Jodie	6:15 <sub>pm</sub>

## Wednesday

Class	Instructor	Time
HIIT Spin	Nancy	6:10 <sub>am</sub>
Longevity Training \$	Adir	8:00 <sub>am</sub>
Hatha Yoga	Cheryl	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>
<b>NEW Fun-Fit/ Zumba Fusion</b>	<b>Beth</b>	<b>11:35<sub>am</sub></b>
Beginner Tai Chi	Briony	5:15 <sub>pm</sub>
HIIT	Suspended	5:30 <sub>pm</sub>
Intermediate Tai Chi	Terrill	6:35 <sub>pm</sub>

## Thursday

Class	Instructor	Time
HIIT Spin	<b>Suspended</b>	6:10 <sub>am</sub>
Seniors Tai Chi	Terrill	7:55 <sub>am</sub>
Breathe and Flow Yoga	Jodie	9:00 <sub>am</sub>
Forever Fit	Carla	10:15 <sub>am</sub> <i>1 Hour 15 minutes</i>
Zumba	Claire	5:30 <sub>pm</sub> <i>45 minutes</i>
Pound	Claire	6:15 <sub>pm</sub> <i>45 minutes</i>
Yoga For Stiff People	Jodie	6:15 <sub>pm</sub>

## Friday

Class	Instructor	Time
Total Body Barre	Adryen	8:00 <sub>am</sub>

## Saturday

Class	Instructor	Time
Breathe and Flow Yoga	Jodie	8:30 <sub>am</sub>
OULA Dance	Sam	9:00 <sub>am</sub>



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**@avonrecreation**

## **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.

**Oula:** OULA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA® is Dancemania for the Soul.

**POUND Fitness™:** The worlds first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing drums. Using weighted drumsticks specifically engineered for exercising, this class transforms drumming into an incredible effective workout. This exhilarating full body workout combines cardio, conditioning and strength training with yoga and Pilates inspired movements. Burn up to 900 calories per hour, strengthen and sculpt, and drum your way to a stronger, leaner physique-all while rocking out to your favorite music!

**Tabata:** A high intensity workout protocol for fitness and weight loss. Developed by a Japanese scientist, this high intensity interval training class uses circuit and cross fit style moves to help you achieve maximum fitness in minimum time.

**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.

**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

**HIIT-Rope:** All of the intense cardio you expect from a high intensity intervals class combined with the cardio pumping work of a jump rope

**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.

**Yoga for Stiff People:** 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.

**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.

**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.

**Gentle Yoga:** Here we cultivate inner peace and compassion for ourselves and others. Though it's a gentle workout, the emphasis is on working in. This inward focus unites the mind, body & Spirit in an atmosphere of collaboration and community. Balance, strength and flexibility improve while experiencing deep relaxation. You'll feel a lightness of being from this powerful and healing practice.

**Beginning Tai Chi:** A practice of honoring yourself, your body and what it needs. We explore balance, comfort, agility, ease, efficiency, and movement that is natural & optimal. This class is both restorative and stimulating. We explore body alignment and keeping centered in stillness and in motion. This is a martial art as well as a self-care practice; both calming & powerful. The intent is to nourish and nurture the body, mind, & spirit. Students will learn to move using energy and breath, not only with muscles & strength. This is a practice of longevity. All levels welcome. Yang Style Tai Chi.

**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.

**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.

