



Avon Recreation Department

Summer Tennis

NEW! Brought to you by the Tennis Professionals of *Cliff Drysdale Tennis*

2018 JUNIOR PROGRAMS

Starting May 28th - September 27th

Pee Wees- Red Ball (Ages 4-6) (\$15/class/child) **Monday-Thursday 3:15-4:00pm**

Pee Wees is an introduction to tennis that utilizes a smaller court and shorter racquets to enable earlier rally/play. Focus is on hand-eye coordination, racquet skills, basic movement, strokes, and most importantly FUN!

Hot Shots- Orange Ball (Ages 7-9) (\$15/class/child) **Monday-Thursday 4:00-5:00pm**

This program concentrates on stroke production, rallying, and learning the basic concepts of tennis. Teaching players how to score and strategies involved in the game of tennis.

Future Stars- Green Ball (Ages 10+) (\$15/class/child) **Monday-Thursday 5:00-6:00pm**

This class continues to introduce tennis related techniques, movement, and the concept of rallying as well as games designed to help learn the concepts of tennis in a fun and enjoyable style.



You can sign up for 1 day per week or all 4 days!

To sign up please visit

www.avonrectennis.com

2018 ADULT CLINICS

Starting May 29th - September 27th

Tennis 101 *First Class is FREE!* (\$10/class following) **Tuesdays 5:00-6:00pm**

Want to learn the game of tennis? Come try out this fun, friendly class to introduce you to the exciting game of tennis. First class is free and only \$10 each class after that.

Learn & Play Pickle Ball (\$10/class/person) **Tuesdays 6:00-7:00pm**

Pickleball is fast-paced, easy to learn, great exercise and lots of fun for all ages! We will teach you the basics of the game.

Cardio Tennis (\$15/class/person) **Thursdays 5:00-6:00pm**

A fast paced clinic incorporating a fun workout with upbeat music, fun drills, and point play! For all ages and abilities.

Ask about our private & group lessons, available upon request.



To sign up for a class or for more information please visit www.avonrectennis.com. You can also contact Hannah Thompson at 802-430-9594 or email h.thompson@cliffdrysdale.com



FITNESS AND WELLNESS SCHEDULE FOR THE WEEK OF: MAY 27, 2018

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Class	Instructor	Time
Buti Yoga	Carrie	9:00 _{am}
Hatha Yoga	Chanelle	9:00 _{am}
Vinyasa Yoga	Chanelle	11:30 _{am}
Senior Spot	Eagle Valley Senior Life	1:00 _{pm} 3 Hours
Tai Chi for Beginners	SUSPENDED	5:15 _{pm}
Vinyasa Yoga	Alexa	6:20 _{pm}
Intermediate Tai Chi	Terrill	6:35 _{pm} 1 Hour 10 minutes
Ballroom Dance Class \$	Kathy & Scott	7:45 _{pm}

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Class	Instructor	Time
HIIT Spin	Amy	6:10 _{am}
Seniors Tai Chi	Terrill	7:55 _{am}
NEW Circuit Blast	Val	9:00_{am}
Hatha Yoga	Annie	9:00 _{am}
Forever Fit	Kathy	10:15 _{am} 1 Hour 15 minutes
Baby and Me Yoga & Barre	Chanelle	11:00 _{am} 1 Hour 45 Minutes
NEW Lunch HIIT	Val	12:00_{am} 45 Minutes
Yoga For Stiff People	Paul	6:20 _{pm}

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Class	Instructor	Time
HIIT Spin	Nancy	6:10 _{am}
Hatha Yoga	Cheryl	9:00 _{am}
Total Body Barre	Adryen	9:00 _{am}
All Abs	Adryen	10:05 _{am} 30 Minutes
NEW Prenatal Yoga \$	Chanelle	10:15_{am}
Senior Spot	Eagle Valley Senior Life	1:00 _{pm} 3 Hours
Tai Chi for Beginners	Briony	5:15 _{pm}
New Vinyasa Yoga	Paul	6:20 _{pm}
Intermediate Tai Chi	Terrill	6:35 _{pm}

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Class	Instructor	Time
HIIT Spin	Bree	6:10 _{am}
Seniors Tai Chi	Terrill	7:55 _{am}
New Buti Yoga	Carrie	9:00 _{am}
Breathe and Flow Yoga	Jodie	9:00 _{am}
Forever Fit	SUSPENDED	10:15 _{am} 1 Hour 15 minutes
Fun-Fit/Zumba Fusion	Kathy	11:35 _{am}
Staff Meeting	Recreation Staff	1:00 _{pm}
NEW Cardio Tennis \$	Hanna	5:00_{pm} Meet at Avon Tennis Courts
Zumba	Claire	5:30 _{pm} 45 minutes
Pound	Claire	6:15 _{pm} 45 minutes
Yoga For Stiff People	Jodie	6:20 _{pm}
OULA	Sam	7:15 _{pm}

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Class	Instructor	Time
Total Body Barre	Adryen	8:00 _{am}
New Vinyasa Flow Yoga	Kayla	9:00 _{am}

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Class	Instructor	Time
OULA	Sam	9:00 _{am}
Breathe and Flow Yoga	Jodie	8:30 _{am}
Free Community Yoga on the Terrace	Carrie Vinyasa	9:00 _{am}

****All fitness classes are one hour long unless otherwise noted above****

The Avon Recreation Center is now hiring life guards and swim instructors offering great benefits in a fun and flexible environment!

Apply Today!

Would you like to win a **5 visit** punch pass? Sign up to receive our monthly news letter and take a brief survey!

<https://mailchi.mp/79c901d5b94f/may-2018-avon-recreation-news-312459>

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!

Buti Yoga: High energy yoga infused with bursts of cardio, tribal dance, strengthening and isometric movement. There is a huge focus on the core and the lower back to help wake-up sedentary muscles. The music is loud, everyone goes at their own pace and there is no judgement. Some yoga background is helpful but not required. Come sweat with intention, be brave with your life!

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!

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

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.

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.*

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.