



May Fitness Center Member Newsletter



Top of the Month: May 2024

A Message from our General Manager Brad Calabrese:

Join us in celebrating Medical Fitness Week (May 5th - 12th). Our award winning fitness center is a long time member of the Medical Fitness Association, a non-profit organization, which assists medically integrated health and fitness centers achieve their full potential.

Members and staff are encouraged to help us compete in the Medical Fitness Association Move 150 program. The goal is to complete at least 150 minutes of moderate to vigorous physical activity. Return your data by May 20th to help us compete against other Medical Fitness Centers. You will be eligible for a \$25 gift card drawing to be used at the fitness center or spa.



MEDICAL FITNESS WEEK

MAY 5TH- 12TH

EVENTS OCCURRING:

- **Move 150 Incentive Program**
 - Get your 150 minutes and help us compete against other centers.
- **"Know your Numbers"**
 - Get blood pressure taken by fitness specialist any day!
- **Member and Staff Photo**
 - Friday, May 11th @ Noon
- **FREE Presentations**
 - May 3rd 11a Golf Conditioning
 - May 10th 11a Fitting in Fitness

and **It's Nurses Week!**

If you are a nurse, stop by the front desk for a complimentary bottle of water. If you know a nurse, bring them as a FREE Guest of the Week and FREE Inbody

OTHER important NEWS



Registration Opens:

Week of May 6th and continues to June 13th

InBody/Blood Pressure Assessments: June 1st - 13th

Tuesday, June 11th through Thursday, August 8th

- A wellness competition between the communities of Avon and Avon Lake. Open to residents or those who work in those communities.
- This fun friendly competition is open to members and guests (15 and older please).
- Points are earned for visits (on a Tuesday OR a Thursday) as well as for attending special events classes as communicated at the start of the program.

9th ANNUAL

COMMUNITY CHALLENGE

AVON VS. AVON LAKE

University Hospitals Avon Health Center

Fitness

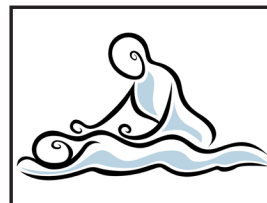
Day Spa **UPDATES:**

Spring Open House

May 6, 2024 • 4:30 p.m. – 6:30 p.m.

Representatives from Jane Iredale, Image, and Revitalash will be available to answer all your skin care and beauty questions. You will receive **20% OFF** all products purchased.

Call Melissa at 440-988-6824



Receive 20% off all spa products when you attend the:

SPRING
Open House

MONDAY 6 MAY 4:30 - 6:30 PM
2024

Reserve your spot by calling 440.988.6801 or by emailing
Melissa Rau at Melissa.Rau@UHhospitals.org



Membership CORNER

Congrats!

Congratulations to Ron Thorne for winning the member referral drawing for the 1st quarter. **Ron received a \$50 gift card.** All you need to do to enter is refer a new member. Thank you all for all the wonderful things you say to others about the Fitness Center. It is because of all of you, we are celebrating our 25 anniversary year and looking forward to helping you meet your fitness needs in the future.

Hospital & Nurses **WEEK**



In honor of Hospital and Nurses' weeks, anyone who works in healthcare can add an additional member with not enrollment fee. (Regular monthly fees are still applicable.)

Have a **college student?**

Do you have a college student home for the summer?

We offer special college student memberships available. Contact Melissa in membership services 440-988-6824.

Class **UPDATE**

HOPE: Cancer Exercise Program

We're currently on a hold for the Cancer Exercise Program, but look forward to returning the program late summer/fall. For more information contact Tyler.Neely@UHHospitals.org

Member Engagement **ACTIVITIES**

PICKLEBALL



If you are looking for people to play Pickleball with you, we use the TEAMREACH app to contact other Pickleball players. Our Group Name is UHFC Avon Pickleball. Code: non-volleyline

Open Play

Tuesdays • 5:00 p.m.

Thursdays • 1:30 p.m. and 6:00 p.m.

Fridays • 9:00 a.m.

Saturdays • 9:00 a.m. (NEW TIME!)

Join the fun! Just reference the schedule which is posted just outside the gym door to see other times you could play pickleball. We also use TeamReach app.

Group name: UHFC Avon Pickleball. Code: non-volleyline.

Beginner Pickleball: How to Event

Thursday May 16th • 3:00 p.m. - 4:00 p.m. and 5:30 p.m. – 6:30 p.m.

Tuesday, May 21st • 2:00 p.m. - 3:00 p.m.

Join the fun and learn to play pickleball. Spaces are limited so please sign up at the front desk or online. If your plans change after registering, please let us know so someone else can learn this fun game.

Pickleball Socials

Pickleball socials are 1½ hour guaranteed play events. We play 10 – 15 minute games and then rotate. Everyone is playing. Events require reservations to insure everyone can play. In May, we have 2 opportunities to have an evening of fun and pickleball. Any questions, contact Melissa at 440-988-6824.

Thursday, May 30th • 6:00 p.m. – 7:30 p.m.

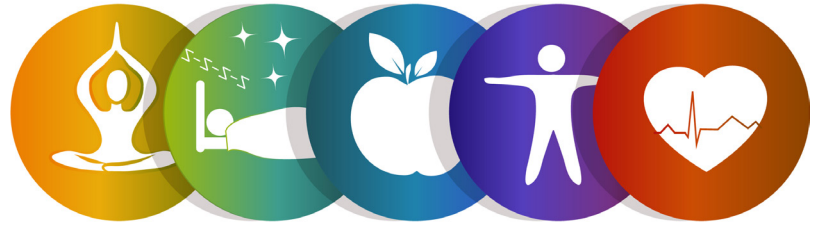
This time is reserved to players who are newer to the game and like a little slower pace game. It is perfect for people who know the basics but just want to practice their game. This event is limited to 13 people, so please sign up at the front desk or through programs online.

Friday, May 31st • 6:00 p.m - 7:30 p.m.

If you feel confident in your skills and would like to play for 1½ hrs, join us for this fun, fast paced event. We will play 10 minute games and you will play the 1½ hrs. This event is limited to 13 people, so please sign up.

Wellness

PRESENTATIONS



Offered in our first floor conference room to members and guests. Pre-registration is needed to ensure we have enough handouts, please call 440-988-6801 or email Renee.Barrett@UHHospitals.org to register.

Fundamentals of Golf FREE Presentation

Friday, May 3rd • 11:00 a.m. - 11:45 a.m.

Join Fitness Specialist and Personal Trainer Tyler Neely and explore ways to gain strength to accelerate your distance on the course. Learn what muscles control each phase of the golf swing. Consider new exercises to implement into your own personalized workout regimen. Come learn some methods you can add to your toolkit in order to gain strength both on and off the course. **FREE presentation, but pre-registration is requested so we know how many to plan for.**

Fitting Fitness Into Your Day

Friday, May 10th • 11:30 a.m. - 12:15 p.m.

Join Fitness Specialist Chloe Neely, M.S. to learn how to fit activity into everyday life! Have you ever felt pressure to make it to the gym? Do you often wonder if the exercise you are doing is enough? Come learn about the physical activity guidelines, and simple ways to add activity into your daily life both in and out of the gym!

Topics include:

- What's the difference between physical activity vs. exercise?
- So, how much should I be exercising? Exercise Guidelines explained.
- What types/modes of exercise can fulfill the physical activity requirement?
- Time management • How can I make this work for me and my schedule?

Silver Stretch – An Active Presentation

Friday, May 31st • 9:00 a.m. - 9:30 a.m.

Grab a coffee or tea and join Certified Fitness Instructor and Personal Trainer Rae Lynn Esser-Moore for this presentation where you will practice seated and standing stretches to help you stand a little taller and move better. Rae Lynn will review the benefits, types of stretching and provide a gentle regimen that you can do at home or on travel. **Please Pre-Register**

440-988-6801

Small Group

PERSONAL TRAINING PROGRAMMING



Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.

Summer Shapeup

Session 1: May 5th - June 15th

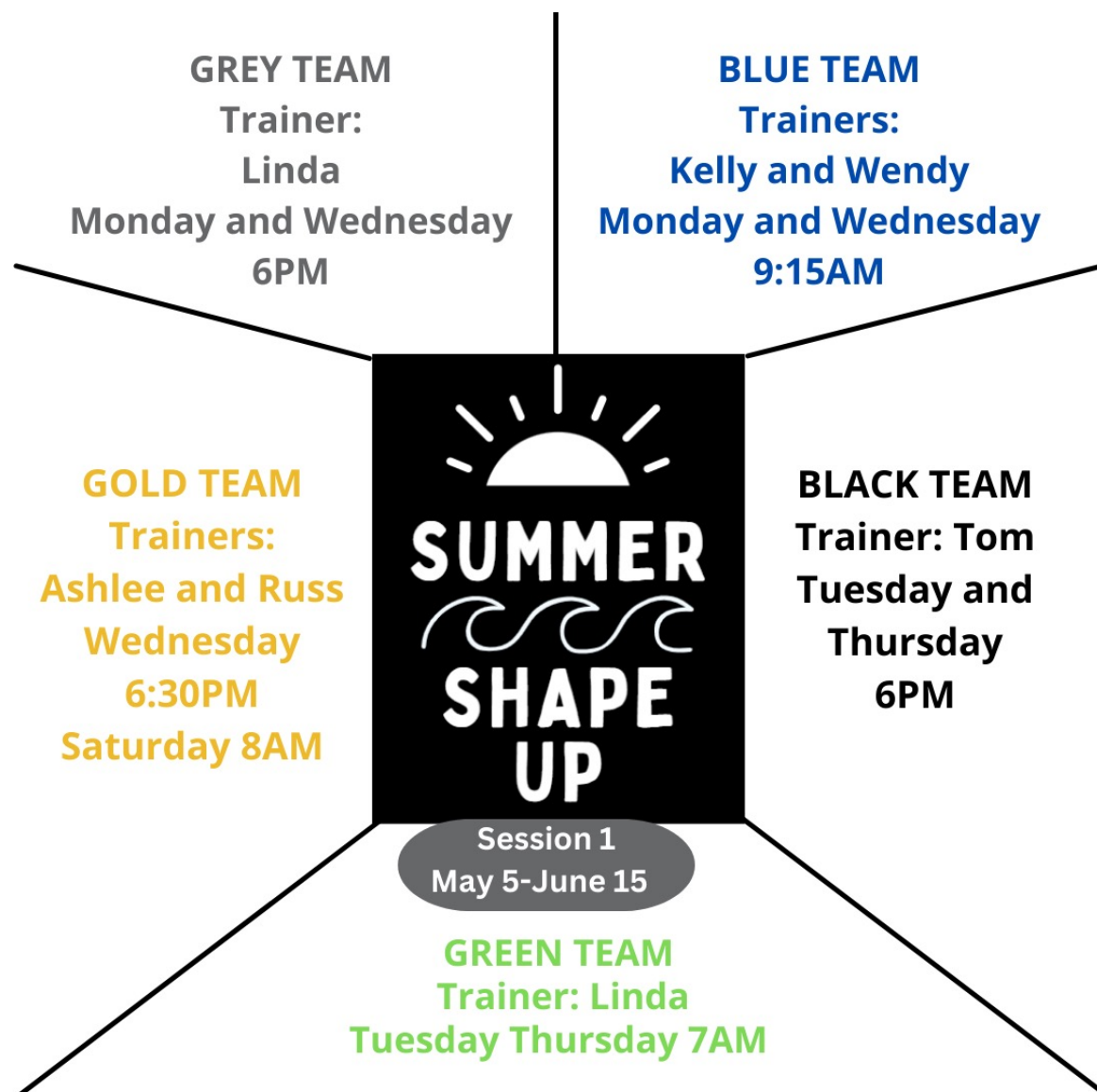
Session 2: July 8th - August 17th

Ready to reenergize your fitness routine for the summer and start seeing the payoff of your effort in improved body composition? Maybe you need help in getting and keeping focused to achieve your goals and long lasting results. Join our Summer Shape Up Program! 6 weeks of Small Group Personal Training 2x/wk



Professional & Peer Support

Prices: \$300 per session for members. \$400 per session for non-members.



Small Group

PERSONAL TRAINING PROGRAMMING



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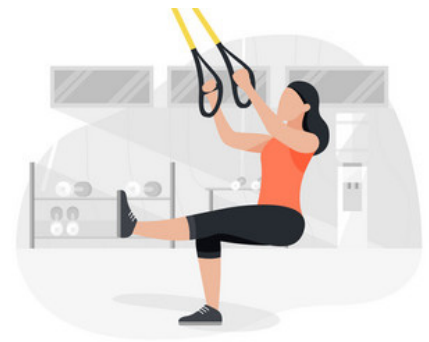
TRX (Total Resistance eXercise)

Program: May 11th (no workout May 18th) to June 22nd

COST: \$72 for members and \$100 for guests

Our May 11th program is filled, but let us know if there's another day/time you are interested in.

Spring is a time of renewal and for many of us it's fun to have something to look forward to. Well, we have a treat for you! Jennifer Varhola is delivering a small group training program on TRX. This suspension training program uses the entire body to create a strong stable foundation. Challenge your entire body, while finding ways to modify or progress.



New!!!! Golf Pre-Season Strength & Conditioning Program

Join us for a 4-week golf conditioning program.

Every Tuesday, May 14th - June 4th • 1:00 p.m. - 8:00 p.m.

Every Thursday, May 16th - June 6th • 7:00 p.m. - 8:00 p.m.

Week 1: Focus on Range of Motion, flexibility, and dynamic sport specific movements

Week 2: Focus on Golf Specific Muscular fitness to improve performance on the course

Week 3: Focus on Golf Specific Muscular fitness to improve performance on the course

Week 4: Pre and Post round stretches to enhance performance off the course



Cost: \$72 for members; \$100 for non-member

Sign up by March 13th to reserve your space. Limited to 5 spots.

Program hosted by: Tyler Neely, Fitness Specialist, ACSM Certified Exercise Physiologist

Looking for that extra guidance to

REACH *your* GOALS?



TRY PERSONAL TRAINING!

Our personal training team is here for one on one or group training. We now have more personal trainers to meet your needs. Contact Renee or visit our website for more information and to see our training team. We offer new clients a 3 hour jump start for new clients for just \$143 for one client or share with a family member or friend for \$213.

Group Exercise SCHEDULE

Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.



Fitness



Studio and GroupCycling Group Exercise Schedule Spring 2024 April-June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am GroupCycling 45 Julie K		5:45 am GroupCycling 45 Jackie		5:45 am GroupCycling 45 Jackie/Julie K		
	7:00 am Tabata 45 Faranz/Wendy	7:00 am Bootcamp 45 Faranz/Wendy		7:00 am Bootcamp 45 Faranz		
8:00 am Super Sculpt Jennifer	8:00 am BodyPump Kelly	8:00 am Super Sculpt Maggie	8:00 am BodyPump Kelly	8:00 am Super Sculpt Rae	8:00 am BodyStep Priscilla/Rachel S	8:45 am BodyPump Laura
9:00 am Fit at Any Age Cyndi (St2)	9:15 am Zumba Stacie	9:00 am Fit at Any Age Maggie (St2)		9:00 am Fit at Any Age Beth (St2)	9:15 am BodyPump Priscilla/Rachel S	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Pilates Lana (St 2)	9:15 am Pound Stacie	9:15 am Pilates Lana (St 2)	9:00 am Cycling&Core Maggie	9:15 am Cycling 45 Jennifer V.	10:00 am 30 Min Core Laura
	9:15 am GroupCycling Rachel S		9:30 am Intensity Cycling Julie A	9:15 am BodyStep Rachel S	9:30 am Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Renee (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Staff (St2)	Specialty Classes	
			11:00 am Gentle Pilates Lana	11:00 am Chair Yoga Crissy NEW!!!!	TRX Interval Preview Outdoors	(Jennifer) 8a.m. Sat April 20
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	11:30 AM TaiChi Leslie(St2) No class May9,16		GroupCycling BootCamp 30/30	(Farnaz) 8 a.m. Sat Apr 6, May 4, June 1
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy (St2)	12:30 pm Strength Cardio Fusion Sherry (St2)	12:30 pm Zumba Gold Stacie	12:30 pm Core Strength & Stretch Sherry	Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22
		1:00 pm Stretch Class 30 Beth			BodyPump	(Rachel G.) 5:45 a.m. Tues Apr 9, 23, May 7, 21
NEW! 4:30 pm Yoga/Pilates Lana (St2)		4:30 pm Pilates 45 Heather (St2)			Beginner GroupCycling	(Jackie) 10:15 a.m. Sat Apr 27, May 18
5:30 pm BodyPump Rachel S	5:30 pm Butts&Guts 30 Jackie (St 2)	5:30 pm BodyPump Priscilla	5:15 pm 30 min Core Staff Rotation (St2)	5:30 pm BodyPump Laura	Race Day 90min GroupCycling	(Jackie) 11:00 am Sun Apr28
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling 45 Julie K/Claire	6:00 pm Bootcamp Tressa/Susan		Iron Yoga	(Renee) 8 am Fri Apr 5, May 3, Jun 7
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)	6:30pm Specialty April 3/17 Dance/BodyBalance	6:00 pm Les Mills Sprint Priscilla/Rachel S		Aqua Pilates	(Gloria) 10 a.m. Mon Apr 15, May 6, Jun 10
	7:00 pm Cardio Kickboxing Brandon	6:30pm Specialty April 10/24 Body Balance			Beginner Yoga	(Sherry) 11 am Sat Apr 13, May 4, Jun 8
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801. Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Outdoor Yoga	(Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
Group Exercise Fitness Guidelines: Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use.				Class Key: Les Mills Class Group Cycling St2 = Studio 2	Outdoor Yoga	(Crissy) 9a.m. Sat Jun 22
Participants must reserve a spot for Spin and Studio classes online or via our app UHAvonFitness or by calling 440-988-6801 for therapy pool (W) classes. We accept reservations the day prior to and day of the scheduled class. Specialty class reservations can be made any time. All classes are 55 minutes unless marked "30", "45" or "90". Schedules are subject to change in the event of instructor illness or low participation.				Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants		

Group Exercise **SCHEDULE**

Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.



Fitness



Aqua Group Exercise Schedule Spring 2024 April - June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:00 am Water Fitness Beth			8:00 am Deep Water Beth	8:00 am Yoga in the Water (W) Joan		
9:00 am Aqua Challenge Gina		9:00 am Aqua Challenge Gina			9:00 am Making Waves Joan		
	9:15 am Balance (W) Linda			9:15 am Balance (W) Ashlee			
		10:00 am Core & Joints Mix Linda				10:00 am Water Fitness Joan	
	10:15 am Balance (W) Linda			10:15 am Balance (W) Lana	Specialty Classes		
			12:00 pm H2O Cardio Shallow Rae		TRX Interval Preview Outdoors	(Jennifer) 8a.m. Sat April 20	
1:30 pm Aquasize Linda					GroupCycling BootCamp 30/30	(Farnaz) 8 a.m. Sat Apr 6, May 4, June 1	
		5pm Private Warm Water Program (W) Apr 3-May1			Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Rise and Shine BodyPump	(Rachel G.) 5:45 a.m. Tues Apr 9, 23, May 7, 21	
					Beginner GroupCycling	(Jackie) 10:15 a.m. Sat Apr 27, May 18	
Pre-registration required for specialty classes. Register at front desk, call 440-988-6801 or use online sign up . Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Race Day 90min GroupCycling	(Jackie) 11:00 am Sun Apr 28	
					Iron Yoga	(Renee) 8 am Fri Apr 5, May 3, Jun 7	
Due to capacity limits in Warm Water classes, participants must reserve a spot by calling 440-988-6801 for therapy pool (W) classes. Reservations accepted the day prior to and day of the scheduled class starting at 8a.m. Specialty class reservations can be made at any time.					Aqua Pilates	(Gloria) 10 a.m. Mon Apr 15, May 6, Jun 10	
If you do not feel well the day of class: DO NOT COME TO THE FACILITY.			REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!		Beginner Yoga	(Sherry) 11 am Sat Apr 13, May 4, Jun 8	
Please follow us on Facebook/Instagram and download our UHAvonFitness app for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Outdoor Yoga	(Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
						Outdoor Yoga	(Crissy) 9a.m. Sat Jun 22



SPECIALTY GROUP *Exercise Classes*

These classes are free and open to members and guests (15 and older). This is a great way to invite family and friend. Pre-registration is required as part of our United We Sweat program. Please call 440-988-6801, register through our app, online services or at the front desk. For questions contact Renee Barrett, Program Manager.

Schedule updates:

Check out our group exercise schedule posted on our website and in the online services and app. Here are a few highlights of the enhancements.



Dog Walk

Friday, May 17th at 5:30 p.m.

Come join Ashlee for this fun and free outside event! You and your dog will get great exercise while making new friends. No dog, no problem. We walk the adjacent neighborhood Clifton Way/Lake Pointe Dr. loop. Guests are welcome, but please register through the front desk.



Cycling and Bootcamp with Farnaz

Saturdays, May 4th and June 1st • 8:00 a.m. - 8:55 a.m

Build power, strength and endurance with this invigorating Spinning and Boot Camp combo class. This class includes 20 - 25 minutes of warm up and indoor cycling is followed by 20 - 25 minutes of strength training, cool down, and stretching.



Aqua Pilates with Gloria

Mondays, May 6th and June 10th • 10:00 a.m. - 10:55 a.m.

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.



Better Balance with Sherry

Saturdays, May 18th and June 22nd • 11:00 a.m. - 11:55 a.m.

This class is for persons of any age and ability and focuses on improving strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one's longevity.



Beginner Cycling with Jackie

Saturday, May 18th • 10:15 a.m. - 11:00 a.m.

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

Night Body Balance

Wednesdays, May 1st, 8th, 15th and 22nd at 6:30 p.m.

(Rachel/Priscilla Rotation)

BODYBALANCE is a yoga-based class that also includes exercises from Pilates and Tai Chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.

BodyCombat

Wednesday, May 29th at 6:30 p.m. (Priscilla)

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

The **YOGA** block



Beginner Yoga with Sherry

Saturdays, May 4th and June 8th • 11:00 a.m. - 11:55 a.m.

This beginner yoga class focuses on instructing basic poses to aid in strength and flexibility, and also focuses on the breathing fundamentals to overall relaxation.

Iron Yoga with Renee

Select Fridays, May 3rd and June 7th • 8:00 a.m. - 8:45 a.m.

Interested in yoga for the opportunity to lengthen the body while incorporating breath and movement? Iron yoga incorporates the breathing and mind/body aspects of yoga with the addition of light dumbbells.

Outdoor Yoga

June 17th at 6:00 p.m. - Yoga Flow with Renee

June 19th at 10:30 a.m. - Yoga Flow with Renee

June 22nd at 9:00 a.m. - Yoga Flow with Crissy (Collaborative Class with SEWA International Cleveland for International Yoga Day)

Adapted (Chair) Yin Yoga with Rejuvenating Sound Bath Special Event with Crissy

Due to popular demand: another date added.

Wednesday, May 15th at 2:00 p.m.

Spring is all about renewal and we're excited to bring you a special event to welcome the season. Enhance your fitness journey by incorporating the deep recovery of Yin Yoga into your routine. Relieve tension, release tight muscles and increase flexibility as you settle into each pose. Then let yourself completely relax in the healing frequencies of a sound bath.

COST: \$10 for members and \$15 for guests

Contact the front desk at 440-988-6801 or register online through Programs.

Adapted (Chair) Yoga with Reiki and Sound Bath Meditation

Led by Crissy and Lana, E-RYT and Reiki Masters

Wednesday, June 5th at 2:30 p.m., Studio 2

Together they will provide a space for you to disconnect from the chaos of the outside world and immerse yourself in the profound mind-body connection through the fusion of movement, music and crystal bowls, bells and other healing musical instruments, allow yourself to recharge by releasing and clearing any stuck energy to reduce stress, anxiety and promote a sense of calm and better sleep.

COST: \$20 for members and \$30 for guests

Slow Mat Yoga Class with Reiki and Sound Bath Meditation

Led by Crissy and Lana, E-RYT and Reiki Masters

Wednesday, June 19th • 6:30 p.m. - 7:30 p.m., Studio 2

Together they will provide a space for you to disconnect from the chaos of the outside world and immerse yourself in the profound mind-body connection. Through the fusion of a slow mat yoga practice, music and crystal bowls, bells and other healing musical instruments, allow yourself to recharge by releasing and clearing any stuck energy to reduce stress, anxiety and promote a sense of calm and better sleep.

COST: \$20 for members and \$30 for guests

SPECIALTY GROUP *Exercise Classes*



Saturday Pop Up Group Cycling

May 11th with Farnaz

May 18th with Jackie

8:00 a.m. - 8:45 a.m.

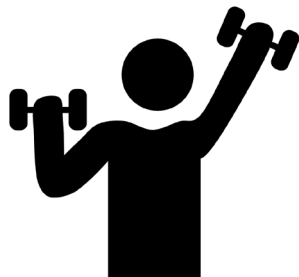


Pop Up BootCamp 45

Monday, May 6th • 7:00 a.m. - 7:45 a.m. (Wendy)

Monday, May 20th • 7:00 a.m. - 7:45 a.m. (Tressa)

This fusion style boot camp class will be a full body workout that incorporates weight training, core conditioning, and cardio. Modifications will always be shown so all fitness levels are welcome.



Pop Up Early Morning BodyPump with Rachel G.

Select Tuesdays, May 7th and May 21st • 5:45 a.m. - 6:40 a.m.

This invigorating weight-training workout uses barbells with adjustable weights set to motivational music. Strengthen tone and define each major muscle group.

Member Spotlight

Dr. Rita Stroempl



How long have you been a member?

I was one of the original 100 members back when we had membership sign-up in a construction trailer!

Do you remember why you joined originally?

The spectrum of offerings - the classes, pool, sauna, and massages I thought was impressive. The hours allowed for good flexibility to align with my work schedule and other responsibilities. I've always needed an active body to be happy.

What classes, exercises or activities do you enjoy?

Monday, Wednesday, Friday 8am Super Sculpt, Pilates, swimming, and over the years now and then I like to work with a personal trainer.

What motivates you to keep coming to the fitness center?

Exercise has become a healthy part of me. Also, the competent professionals in each area are genuine and friendly. The people I see and talk with are a familiar extension of my Tree of Life

Do you have any advice for anyone reading this that may be struggling with their health and well-being goals?

Be kind to yourself.

In Good Health,

Fitness Center at University Hospitals Avon Health Center Leadership Team

Brad Calabrese 440-988-6820 (General Manager/Aquatics/Membership/Day Spa/Business Office)

Renee Barrett 440-988-6822 (Program Manager/Personal Training/Group Exercise/Rentals)

Mike Kavak 440-988-6827 (Building/Facility)

For timely updates be sure to follow us on:

