

SPECIALTY CLASSES

Iron Yoga (Renee) 8 am – Studio 2

Friday, October 6, November 3, December 1

Outdoor Bootcamp (Jen) 8 am – Tennis Court

Saturday, October 7

Aqua Pilates (Gloria) 10 am - Pool

Monday, October 9, November 13, December 11

Cardio Kickboxing (Brandon) 7 pm – Studio 1

Tuesday, October 10

Tuesday, October 24

Beginning Yoga (Sherry) 11 am – Studio 2

Saturday, October 21, November 18, December 9

Beginner Spin (Jackie) 10:15am

Saturday, October 21, November 25, December 30

Race Day 90 minute Spin (Jackie) 11:00 am

Sunday, October 22, November 26, December 31

Deep Water Cauldron (Rae) 12pm – Pool

Wednesday, October 25

Halloween Yoga (Priscilla) 10:45 am - Studio 1

Saturday, October 28

- *Pre-registration is required for all specialty classes and is available at the front desk. All specialty classes are open and free to non-members as part of our United We Sweat Program. Photo ID is required for non-members*



440-988-6801 | UHhospitals.org/Fitness
1997 Healthway Drive
Avon, Ohio 44011