



Group Exercise Schedule Summer 2022

July - Sept 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am - Spinning 45 Jackie/Julie K		5:45am - Spinning 45 Jackie/Julie K		5:45am - Spinning 45 Jackie/Julie K	
		7:00am - Tabata (St2) Farnaz/Wendy	7:00am - Bootcamp Farnaz/Wendy			
8:30am - BodyPump Rachel G	8:00am - Super Sculpt Kathy	8:00am - BodyPump Kelly	8:00am - Super Sculpt Kathy	8:00am - BodyPump Kelly	8:00am - Super Sculpt Kathy	8:15am - BodyStep Priscilla/Rachel S
9:00am - Intensity Spin Jennifer V/Jackie/Pris	9:00am Fit At Any Age (St2) Kathy	9:15am - Spinning Rachel S	9:00am Fit At Any Age (St2) Kathy		9:00am Fit At Any Age (St2) Kathy	9:15am - Spinning 45 Jennifer V
9:30am - Triple Blast Claire/Tressa	9:00am - Intensity Spin Rachel S/Julie A	9:15am - Zumba Stacie	9:15am - Pound Stacie	9:15am - Pilates (St2) Lana	9:00am - Spinning & Core Maggie	9:15am - BodyPump Rachel S/Pris
	9:15am - Pound Monika	9:15am - Pilates (St2) Lana		9:30am - Intensity Spin Julie A	9:15am - BodyStep Julie A	9:30am - Pilates (St2) Lana/TBD
	10:30am - Yoga Flow (St2) Melinda	10:30am - Yoga (St2) Margo	10:30am - Hatha Yoga (St2) Renee	10:30am - Yoga (St2) Margo	10:30am - Yoga Flow (St2) Melinda	10:15am - BodyAttack Monika
	12:00pm - Arthritis Class (St2) Beth		12:00pm - Arthritis Class (St2) Beth	11:00 - Gentle Pilates Lana		Group Exercise Class Guidelines: Do not arrive more than 10 minutes prior to class start time. All participants must wipe down studio equipment after use. Yoga, Pilates – Recommended to bring your own mat. Please follow us on Facebook and download our UHAvonFitness app for class announcements, reminders, and class schedules at your fingertips.
	12:30pm - Strength Conditioning & Core Kathy	12:30pm - Gentle Yoga (St2) Melinda	12:30pm - Cardio Strength Circuit Kathy	12:30pm - Zumba Gold Stacie	12:30pm - Stretch Lab Kathy (45 min)	
			1:00pm - Stretch Class (St2) Beth (30 min)			
			4:30pm - Pilates Heather		5:30pm - Spinning 45 Jackie/Julie K	
	5:30pm - BodyPump Rachel S	5:30pm - Butts & Guts (30 min)(St2) Jackie	5:30pm - BodyPump Priscilla	6:00pm - Bootcamp Tressa/Susan/Farnaz	SUMMER SPECIALTY CLASSES Iron Yoga – 8:00am (Renee) Friday's, July 1, Aug 5, Sep 2 Beginner Yoga – 11:00am (Margo) Saturday's, July 23, Aug 27, Sep 24 Les Mills Core - 10:30am (Pris) Saturday's, July 16, Aug 13 Les Mills BodyBalance (formerly BodyFlow) - 10:30am (Pris) Sat, July 30, Sun Aug 14 Pre-registration is required for all specialty classes and is available at the front desk, or by calling 440-988-6801. All specialty classes are open free to non-members as part of our United We Sweat program. Photo ID is required.	
Les Mills Class Spinning St2 – Studio 2	6:00pm - Spinning 45 Dana	6:00pm - Bootcamp Susan	6:00pm - Spinning 45 Linda/Julie K/Claire	6:00pm - Cardio Dance (St2) Lisa/Stacie		
	6:00pm - Yoga Fusion (St2) Renee	6:15pm - Pilates (St2) Sharon	6:30pm - Cardio Du Jour Priscilla/Rachel	6:00pm - Les Mills Sprint Rachel S/Priscilla		
<p>Due to capacity limits in our classes, participants must reserve a spot for Spin & studio classes online or via our app, or call in 440-988-6801 for therapy pool classes. We will accept reservations the day prior to the scheduled class, and day-of. Specialty class reservations can be made at any time. Capacity Limits: Studio 1 – 26 participants Lap pool – 30 participants Spin Studio – 16 participants Studio 2 – 25 participants Therapy pool – 12 participants</p> <p>If you do not feel well the day of class, please call us and cancel or cancel on the app, <u>do not come to the facility.</u></p>						