



December Fitness Center Member Newsletter

Top of the Month: December 2025



A Message from our General Manager

Brad Calabrese:

As we wrap up 2025, we extend a heartfelt thank you to our members and staff for helping us earn "Best of the West" for our Fitness Center and "Best of Lorain County" for our Spa. Your dedication, support, and enthusiasm make our community truly exceptional.

Over the last year we've reinvested into the facility with hopefully more coming for 2026. New bikes and treadmills on the fitness floor, lighting in the racquetball courts and pool area, new filters in the pool, along with new flooring in our main walkway that has brightened the place up.

Looking for the perfect gift this holiday season? Spa gift cards are a wonderful way to treat someone special—or yourself. And don't forget: for every \$50 in gift cards purchased, you'll receive a \$5 coupon good toward any spa service from January through March 2026. Choose from manicures, pedicures, massage, facials, and more! Our experienced team is ready to pamper you.

Finally, as a reminder, the Holidays also unfortunately bring parking lot thefts everywhere. Please do not leave packages, or wallets, purses or other valuables in plain site in your vehicles.



MEMBER *Spotlight*

MEMBER SPOTLIGHT

meet

***Lynnae
Harmych***

***Read about Lynnae below
and be sure to say hello
when you see her around!***



Fitness



Lynnae has been a proud member of our fitness center for over 20 years! She first joined when her old gym closed, and since she loves playing racquetball, this was the perfect place to keep doing what she enjoys. Sports have always been a big part of Lynnae's life, and staying in shape helps her continue to play the games she loves. For her, exercise is more than just a workout—it gives her energy, keeps her feeling strong both physically and mentally, and has introduced her to lifelong friends along the way. Her advice to others? Find an activity you truly enjoy, and reaching your goals will feel a whole lot easier. We couldn't agree more! Thanks for your commitment to your own health as well as your family and friends. Fun fact – Lynnae's son Nate is a future Physical Therapist and did an internship with us.

GYM *schedule*

With the change of each month, be sure to check the doors of the gymnasium to reference availability. Generally, the weekly schedule is as listed below. There are a few times during the month in which we have special events such as Intro to Pickleball. If there is nothing listed, the gym is open first come first served for basketball or Pickleball.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	16	17	18	19	20	21	22
3 AM							
4 AM							
5 AM							
6 AM		6-7:30a Pick Up		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball	
7 AM		Brian's s1			TRX		
8 AM	-11:30a Pick Up Basketball						TRX if weather inclement
9 AM		-10:15 Small Group P		-10:15 Small Group P		Open Play Pickleball	Open Play Pickleball
10 AM							
11 AM		-12p Rock Steady Boxing	Delay the Disease	-12p Rock Steady Boxing	Delay the Disease		Pickleball League
12 PM			Mindful Movement		Mindful Movement		
1 PM							
2 PM					Open Play Pickleball		
3 PM					Reserved PB League		
4 PM							
5 PM		Pick Up Basketball 5-7:30	-8:45p Pickleball Open Play	Pick Up Basketball 5-7:30		Pickleball Open Play	
6 PM					- 8:45p Pickleball Open Play		
7 PM				Rental CYO			
8 PM							

Member Engagement **ACTIVITIES**

PICKLEBALL



Beginner Pickleball: How to Event with Melissa

Sunday, December 21st at 1:00 p.m.

Pre-sign up required. Only 8 spots total.

This is a FREE event for members; \$15 guest fee.

Open Play

You may play in the gym whenever it is open. Just ask at the front desk for the nets to be moved for you. The schedule for the gym is posted outside the gym door. Questions? Contact Melissa in membership at 440-988-6824.

Our TeamReach app to contact other Pickleball players:

Group Name is: UHFC Avon Pickleball. Code: non-volleyline.

Tuesdays • 5:00 p.m.

Thursdays • 1:00 p.m. (at 2:00 p.m. only one court) and 6:00 p.m.

Fridays • 9:00 a.m. and 5:30 p.m.

Saturdays • 9:00 a.m.

MEMBERSHIP *updates*



Memberships

Please let us know ASAP if you are making changes with your medicare plans that impact your membership. The only plan we work with is Renew Active through United Healthcare/AARP. Always check if you are deciding to use their plans to make sure you have the fitness benefit. As soon as you get your new ID #, just e-mail Melissa.Rau@UHHospitals.org with number and the start date.



Therapeutic Art Community Group

Wednesday, December 10th • 12:00 p.m. - 1:00 p.m.

Join us for an hour in an art intervention with UH Connor Whole Health Art Therapist, Jess Grimm. This class is open to the community, so you are welcome to bring a friend. There are no fees for this class, but sign up at the front desk or through online app so we know how many to expect. The program is offered the 2nd Wednesday of each month and will continue in the new year.



Maintain Don't Gain Incentive

We have an energetic group of members and staff participating in the Maintain Don't Gain Incentive. For tips and tricks see our fitness specialists at the service desk. Post Program Weigh-Outs are **December 26th - January 5th**. All participants who come back for the post test will be entered into a drawing for a free personal training session and all those who are at or below their starting total body weight or body fat percentage will earn the program prize – a UH Avon Fitness Center duffle bag.

MEMBERSHIP *updates*

New Program

We are excited to reintroduce our members and guests to Healthy Habits, a small group accountability program. Designed for individuals ready to take control of their health and build science-based habits, participants will work through topics such as nutrition, sleep, exercise, stress management in a weekly small group Zoom meeting. Contact us at e-mail listed above or 440-988-6801 for details and registration.

Program fee is: \$150 for members and \$180 for non-members.



Healthy Habits 
ACCOUNTABILITY PROGRAM

Join before December 31st for discounted rate!

6-Week Educational Accountability Program

Ready to build sustainable, healthy habits that last?
Join our Healthy Habits program, a 6-week journey designed to help you take charge of your wellness and support you every step of the way.
Before starting, participants will meet one-on-one with a Fitness Specialist to complete a health inventory and set personalized wellness goals. From there, we'll gather weekly in small-group Zoom sessions for education, open discussion, and accountability.

Program Includes

- 1-on-1 intake and coaching session to establish health goals
- 6 one-hour group coaching and education sessions
- A personalized habit tracker
- Additional goal-specific resources

Structure

Duration: 6 Weeks; Tuesdays; January 13- February 17
Format: Online option: 12-1:00pm
In person option: 1:30-2:30pm
Support: Education, group discussion, accountability check-ins

Registration

Elissa Weisz, Fitness Specialist
elissa.weisz@uhhospitals.org
440-988-6801
Cost: \$200 Members; \$230 Non-Members



 **University Hospitals**
Avon Health Center

Fitness


MEMBERSHIP *updates*

UH Avon Annual Holiday Lights Run



**Tuesday,
December 23**
Outdoor
Group Walk/Run
6:00 PM
1-3.75 mile route

Open to all runners of
different pace and
distance abilities. Wear
lights and reflective
gear.

MEMBERSHIP *updates*

Join Us for a Relaxing
Saturday Morning!

Incorporate the deep
recovery of Yin Yoga
into your routine.
Class will include floor
postures as well as
the chair as a prop.

Postures are held for
extended time to
relieve tension,
release tight muscles
and allow yourself to
completely relax in
the healing
frequencies of a
sound bath.

Bring a blanket and a
firm pillow to enhance
your experience.

**YIN YOGA
AND SOUND BATH**
WITH CRISSY STELMASCHUK, E-RYT
SATURDAY, NOVEMBER 8
11:00 A.M. TO NOON
STUDIO 2



**Pre Registration
open now online or
call 440-988-6801**

**\$10 Member Fee
\$20 Guest Fee**

PROGRAMMING *updates*

The Spa **UPDATES:**



You are invited to our

Spa Holiday Open House December 2 5-7pm

ATTENDEES RECEIVE
20% OFF ALL PRODUCTS

PREPAY ORDER & RECEIVE 15%
OFF IF UNABLE TO ATTEND

jane iredale
THE SKINCARE MAKEUP®

I **IMAGE**
SKINCARE

REVITALASH®
COSMETICS

For orders or questions contact Melissa 440.988.6824
Register at the front desk or by calling 440.988.6801

Small Group

PERSONAL TRAINING PROGRAMMING



TRX (TOTAL RESISTANCE EXERCISE)

TRX Total Resistance eXercise with Jennifer

Saturdays, January 10th - February 14th • 8:00 a.m. - 9:00 a.m.

6 classes (\$72 for member; \$90 for non member)

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. This express class is designed for those with limited time who would like to improve their muscular endurance and joint range of motion.



Small Group

PERSONAL TRAINING PROGRAMMING



MOLLY'S SMALL GROUP PERSONAL TRAINING FOR WOMEN

Mondays

5:00 – 6:00 PM

December 8–Jan 12

OR

Tuesdays

10:15–11:15 AM

December 2–Jan 6

Small group of 3–5
\$108 member | \$132 guest

Ladies:

Get leaner and stronger
with bodyweight
exercises, free weights,
and cardio intervals.

Join our fun, supportive
training group and crush
your fitness goals!



Small Group

PERSONAL TRAINING PROGRAMMING



Golf Off-Season Program

Wednesdays, January 7th - February 18th • 12:00 p.m. - 1:00 p.m.

Saturdays, January 10th - February 21st • 10:00 a.m. - 11:00 a.m. (no meeting Jan. 24th)

Winter is here, but you can still use the off season to tune up after golf season and get strong for the Spring. This 6-week program builds strength, balance, and injury resilience, while also developing explosive rotational power for a faster, stronger swing.

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

Cost: \$108 for members and \$132



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.

Health and Fitness Tip of the Month

from Ashlee Sanchez, Fitness Specialist and Certified Personal Trainer.

Around the Clock Balance Exercise

This exercise is a great way to help improve your balance and improve your memory. You will be exercising and using your brain at the same time! She includes this class in the popular water balance class held in are warm water pool.

What will I need?:

A wall, chair, table, desk or something you can use to help assist with your balance.

How to do the exercise:

1. Look at a clock on the wall. Before you start the exercise make sure you are standing straight and engaging your core.
2. Start with standing on your left leg where your right foot is off the floor.
3. You will maneuver your right leg to match the numbers on the clock. For example if you say 12 you would move your right leg forward while balancing your left.
4. Go through all the numbers on the clock and match each number with your right leg.
5. After finishing standing on the left leg you will switch by standing on the right leg while lifting your left leg and going through all the numbers.
6. After getting comfortable doing the exercise while looking at the clock, try the exercise without looking at the clock to challenge yourself more.

Did you know that exercises like this can help strengthen our brains? How?

- It increases blood flow to our brains. This process delivers more nutrients and oxygen.
- Promotes creation of new neurons and increase production of BDNF which helps repair brain cells and create new cells.
- Enhances brain structure which will help with the ability to learn and help with memory.
- Releases beneficial chemicals like dopamine and noradrenaline which are critical for retaining new information after you learn them.
- Reduces stress impact. Decreasing stress will help prevent memory and cognitive function from being impaired.



WELLNESS *presentation*

These are FREE presentations open to members and guests and held in our first floor conference room. Please reserve your spot online or at front desk to help us plan the event.

Prehab Workshop with Markayla Cloyd, B.S., Fitness Specialist/Personal Trainer

Friday, December 12th • 11:00 a.m. - 11:45 a.m.

An interactive session on mobility, activation, and injury prevention. Markayla will review the background on the importance of prehabilitation exercises, and you'll have the opportunity to try them as well. No special clothing is required, but stable shoes are encouraged.

ZONE based Cardiovascular Training with Elissa Weisz, B.S. Fitness Specialist

Friday, January 16th • 11:00 a.m. - 12:00 p.m.

Are you unsure how hard your workouts should feel?

Curious about what the research really says about Zone 2 training?

Not sure how to balance cardio and strength training in your schedule?

Join **Fitness Specialist Elissa Weisz** for an informative session on **cardiovascular zone-based training** and discover **evidence-backed strategies** to boost your fitness effectively and sustainably.

GROUP EXERCISE *schedule*

We are putting together the plan for January through March offerings for you! We've been hearing from you and have been adding more options. Keep the ideas coming – we read your comment cards! Some of the requests we can fulfill, others we cannot due to space and instructor availability. We typically add classes as a specialty and if we have space to add each week we proceed with the addition.

New additions/changes you can expect weekly for next schedule (January through March):

- **Stretching and Core with Farnaz/Staff** (Tuesdays 7:00 a.m. - 7:45 a.m.)
- **Cardio Kickboxing with Brandon** (Thursdays 6:15 p.m. - 7:00 p.m.)
- **Sit Fit with Heather G.** (Fridays 12:30 p.m.) (was previously Thursdays 1:30 p.m.)

We have some exciting new specialties in the new year as well as some of your favorites.

The new offerings include:

- **Barre-Less with Wendy** (Thursday, January 15th • 6:00 a.m. - 6:45 a.m.)
- **20/20/20 with Wendy** (Thursday, January 29th • 6:00 a.m. - 7:00 a.m.)

Returning after a hiatus:

- **Beginner Pilates with Sherry** (Saturday, January 10th • 10:45 a.m.)



Fitness



Aqua Group Exercise Schedule Fall 2025

September-December

**schedule subject to change*

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) Mary	Specialty Classes (Guests Welcome)	
			NEW TIME! 12:15pm H2O Cardio Shallow Raelynn		SitFit Seniors	(Crissy) 11a.m. Sat. Nov 22
1:30 pm Aquasize Linda		NEW!!!! 1:30 pm Aquasize Mary			WaterWalking101	(Stori) 10a.m. Mon Oct27, Nov 24
					Wall Pilates	(Sherry) 10:45-11:30a.m. Sat. December 6
6:00 pm Aquabats Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Halloween Aqua Cauldron	(Raelynn) 12:15p.m. Thur. Oct 30
					Aqua Pilates	(Gloria) 10am Mon Nov10, Dec 8
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.					Ball Class	(Kathy) 11am Sat. Nov 15, Dec 20
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.					Stretch/Mobility	(Elissa) 8:15a.m. Sat Nov 1, 15, Dec 6
			REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!		Beginner Cycle	(Jackie) 10:30a.m. Nov 23, Dec 28
Please follow us on Facebook/Instagram and download our UHA vonFitness app for class announcements, reminders, and class schedules at your fingertips.			Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Yoga Pop Up	(Heather) 6:00 p.m. Thur Nov 20, Dec 18
					Seasonal Qigong	(Mary) 11a.m. Sat. Dec 13



GROUP EXERCISE *schedule*

September to December Schedules have your favorites plus a few more offerings each week as well as new specialties offered once a month.



Fitness



Updated: 10/23/25

Studio and GroupCycling Group Exercise Schedule September-December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am GroupCycling 45 Julie K	5:45am BodyPump Rachel G.	5:45 am GroupCycling 45 Jackie	NEW! 5:45am BodyPump Rachel G.	5:45 am GroupCycling 45 Jackie/Julie		
7:00 am Tabata 45 Jennifer	7:00 am Core/Stretch45 Farnaz/Staff	7:00 am Bootcamp 45 Farnaz/Staff		7:00 am Bootcamp 45 Farnaz		
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 Lynn	8:00 am BodyStep Priscilla/Tina (Step)	8:45 am BodyPump Laura
9:00 am Fit at Any Age Stori (St2)	9:15 am Zumba Stacie	9:00 am Fit at Any Age Maggie (St2)	9:15 am Pilates Elissa (St 2)	9:00 am Fit at Any Age Beth (St2)	9:15 am BodyPump Priscilla/Tina	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Mat Pilates Elissa (St 2)	9:15 am Pound Stacie	9:30 am Intensity Cycling Julie A	9:00 am Intensity Cycling Maggie	9:15 am Cycling 45 Jennifer V.	10:00 am 30 Min Core Laura
	9:15 am GroupCycling Stori		10:30 am Yoga Ana (St2)	9:15 am Step Tina	9:30am Mat Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Bejan/Ana (St2)	10:30 am Yoga Flow Renee (St2)	11:00 am Chair Pilates Elissa	10:30 am Yoga Flow Staff (St2)	Specialty Classes (guests welcome)	
			11:30 am Tai Chi Leslie (St 2)	11:00 am Chair Yoga Crissy	SitFit Seniors (Crissy) 11a.m. Sat. Nov 22	
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	12:30 pm Zumba Gold Stacie		Seasonal Qigong (NEW!!) (Mary) 11a.m. Sat. Dec 13	
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy	12:30 pm Cardio/Strength Core Sherry (St2)		12:30 pm Core Strength & Stretch Sherry	Iron Yoga (Renee) 8:00a.m. Fri Nov7, Dec 5	
		1:00 pm Stretch Class 30 Beth	NEW!! 1:30 pm SitFit Heather G.		Cardio Kickboxing (Brandon) 6:15pm Thu Nov 6, 13, Dec4,11	
4:30 pm Yoga/Pilates Lana (St2)	NEW! 5:15pm 30 min Core Laura	4:30 pm Mat Pilates 45 Heather (St2)	5:15 pm 30 min Core Priscilla/Julie K		Aqua Pilates (Gloria) 10am Mon Nov10, Dec 8	
5:30 pm BodyPump Laura		5:30 pm BodyPump Priscilla	6:00 pm Bootcamp Tressa	5:30 pm BodyPump Laura	Ball Class (Kathy) 11am Sat Nov 15, Dec 20	
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling Julie K/Claire	6:00 pm Les Mills Sprint Priscilla/Julie K		Stretch/Mobility (Elissa) 8:15a.m. Sat Nov1,15, Dec 6	
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)				Yoga Pop Up (Heather) 6:00 p.m. Thur Nov 20, Dec 18	
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801.					WaterWalk101 (NEW!!)	10:00a.m. Mon Oct 27, Nov24
Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Beginner Cycle	(Jackie) 10:30a.m. Sun Nov 23, Sat Dec 27
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 Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants		
Participants must reserve a spot for Spin and Studio classes online or via our app UHAonFitness 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.					Pop Up Cycle Sat 8am (NEW!!)	Laura Nov15, Dec20 Farnaz Nov 8, Dec 6
					Race Day 90 Min Cycle	(Jackie) 11a.m. Sat Nov 22, Sun Dec 28

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.

NEW!! Water Walking 101 with Stori

December 22nd • 10:00 a.m. - 10:55 a.m.

This is a beginner-friendly workshop designed to introduce new strategies for pool-based exercise and walking techniques. Perfect for those looking to stay active without stressing the joints, this class is ideal for anyone recovering from injury or surgery (with medical clearance), or simply seeking a gentler form of fitness. You'll learn to walk on your own in water depths starting at 4 feet, with options to progress to deeper areas at your own comfort level. Equipment such as water walking belts and hand weights will be introduced to enhance resistance, and overall effectiveness. No swimming experience is required, and all fitness levels are welcome.



Beginner Cycle with Jackie

Saturday, December 27th • 10:30 a.m. - 11:15 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).



Havin' a Ball with Kathy

Saturdays, December 20th and January 24th • 11:00 a.m. - 11:45 a.m. (Studio 1)

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strengthen the core (abdominal and lower back muscles), and improve balance. So come for a fun workout with this versatile piece of fitness equipment.



Race Day with Jackie

Sunday, December 28th • 11:00 a.m. - 12:30 p.m.

This advanced 90-minute spin class simulates a road race course full of hills, sprints, and more as the instructor leads you through this class set to music.



NEW!!! Pop Up Cycle 45

Select Saturdays • 8:00 a.m. - 8:45 a.m.

Farnaz: December 6th

Laura: December 13th and 20th

Low Impact 45-minute rhythmic cycling class to improve your endurance and burn calories. This is FREE for Members and Guests. UH employees/spouses let the instructor know if you'd like UH well-being points.



NEW!!! Holiday Pilates Pop UP in the Gym with Elissa

Wednesday, December 17th • 9:15 a.m. - 10:10 a.m.

We're offering this pop up mat class for the holidays! Wear your holiday inspired workout wear and bring your family/friends to join Elissa. This class will work from the base of the spine including the glutes, back muscles as well as deep abdominal and oblique musculature. Finally, stretching will also be included for a well-rounded workout.

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.



Cardio Kickboxing with Brandon

Thursdays, December 4th and 11th • 6:15 p.m. - 7:00 p.m. (Studio 2)

This 45-minute kickboxing class, designed by a Karate and Jujitsu black belt, covers jabs, crosses, kicks, and footwork. It includes a warm-up, core workout, cardio routines, and a cool-down. Suitable for all ages*, this offers modifications for all fitness levels and benefits like increased energy, improved muscle tone, and better body composition. *note: must be at least 15 to use our facility.



Stretch and Mobility Pop Up with Elissa

Saturdays, December 6th and January 12th • 8:15 a.m. - 9:00 a.m.

This 45-minute class is a full body series of stretches focusing on flexibility, mobility, and relaxation. Exercises are done standing as well as on the floor with a mat. Mats are provided if you do not own one.



Aqua Pilates with Gloria

Monday, December 8th • 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.

Sit Fit Seniors with Crissy

Saturday, January 17th • 11:00 a.m. - 11:55 a.m.

This fun, low-impact workout is perfect for older adults looking to build strength, boost heart health, and improve flexibility — all from a chair! Great for those with limited mobility or balance concerns, the class includes simple cardio moves, light resistance training, and seated stretching.



Wall Pilates with Sherry

Saturday, December 6th at 11:00 a.m.

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants are encouraged to bring their own mats, but we also have extras should you not own one. Participants should be aware that both standing, lying, and sitting poses will be done.

Qigong for Relaxation

Saturday, December 13th at 11:00 a.m. (Studio 2)

Saturday, January 10th at 11:00 a.m.

Enjoy a break to recharge during the holiday season. The slow, gentle, intentful movements of qigong can relax the body and calm the mind. Learn a few 10 minute tune-ups to add to your stress relief toolbox.

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.

The **YOGA** block



Beginner Yoga with Ana

Saturday, December 20th • 10:45 a.m. - 11:40 a.m. (Studio 2)

This beginner yoga class includes basic poses to aid in strength, balance and flexibility. Breathing fundamentals are also included to improve overall relaxation. Exercises are done standing or seated on a yoga mat. We have mats you may borrow if you do not own one.

Iron Yoga with Renee

Friday, December 5th and January 2nd • 8:00 a.m. - 8:45 a.m. (Studio 2)

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.



NEW!! Pop Up Evening Yoga with Heather Gillespie

Thursday, December 18th • 6:00 p.m. - 6:55 p.m. (Studio 2)

Yoga stretches and postures with emphasis on effective movement, mind/body connection and safety. Positions include standing and mat work. Some experience with yoga is suggested, but not required.

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)

Robert Jenkins 440-988-6801 (Building Maintenance)

Melissa Rau 440-988-6824 (Membership Services)

For timely updates be sure to follow us on:

