



March Fitness Center Member Newsletter

Top of the Month: March 2025

A Message from our General Manager

Brad Calabrese:

At the end of 2024, I announced a nominal dues increase that would help us reinvest into the facility in 2025, and I feel it's only prudent to provide some updates on plans that have been fulfilled or are immediately upcoming.

We invested \$79K into new bikes and treadmills that were at the end of their life.

We do apologize for some of the initial struggles we were dealt upon delivery, but all are up and ready for you to utilize. Please see our Fitness Specialists for any help with them.

We are additionally working on a furniture and pad replacement plan over the next few months for lobby and locker room furniture, taking a few pieces at a time for deep clean and reupholster.

We'll be reapplying the non-stick flooring product to the pool area to ensure safety from falls in that area. We are also aware that the water in the showers (and women's sink) have been fluctuating lately, and are working with plumbers to replace the mixing valve for our 800-gallon system.

On top of that, we've spent roughly \$20K into new HVAC motors in various areas to maintain heat and cooling.

We'll continue to stay on top of projects and allocate our financial resources to enhance areas of the center that are aging and need to be replaced and updated.

March also brings our

26th anniversary

We'll try and have some fun to celebrate:

- Every Thursday in March is FREE guest Thursdays
- Enjoy annual "fresh fruit week" in mid-March, along with spa product discounts, and member profiles within the facility and on our social media pages.

Whether you are one of the initial 71 members remaining from the "trailer" days or March 1999, or just signed up this past month, as always, thank you for your loyalty and patronage.

A few "New Year" housekeeping items to help keep our facility clean, and you all healthy:

- Deposit all towels at the front desk (not on locker room floors).
- Please dispose of plastic caps on razors into trash cans.
- Wipe down equipment before and after each use.
- Bring in clean shoes to work out in so that salt doesn't ruin any equipment.
- Please hydrate before workouts and use of our "hot" areas (hot tub, sauna, steam).
- Use the ramps upon entry to our facility, our curbs are undefeated against missteps.

MEMBER

Spotlight

UH Avon Fitness Center

MEMBER SPOTLIGHT



Mike
Beard

IN HIS OWN WORDS:

I've been a member since September 2024.

I was suffering with **arthritis** in my hips and knees for years, and could barely walk a quarter of a mile without stopping due to the pain. June 2024 I had **open heart surgery** to replace a heart valve and was diagnosed with **fatty liver disease**. *I was a 60 year old feeling like an old man.* Made me realize, I had to make lifestyle changes including everything from my diet to making exercise a priority everyday, and have lost 40lbs.

Currently I'm a 60 year old feeling better than I have in years!

If you're wanting to improve your health don't hesitate to reach out to a fitness specialist, the dietitian on staff or do your own research to find what works best for you.

Keep Moving Forward!

Dietitian CORNER



eat right. Academy of Nutrition and Dietetics

Are the statements below **FACT** or **FICTION**?

Circle the correct answer

1	The serving size listed on a Nutrition Facts label reflects the amount that a person should eat or drink.	FACT or FICTION
2	The human body relies mainly on protein to function.	FACT or FICTION
3	MyPlate serves as a guide for healthy meals.	FACT or FICTION
4	Eating the exact same foods every day is recommended for a healthy eating pattern.	FACT or FICTION
5	About 85% of our daily calories are needed to meet food group recommendations.	FACT or FICTION
6	All grains provide dietary fiber.	FACT or FICTION
7	Food safety is only a concern for foods if they are uncooked or raw.	FACT or FICTION
8	Activities like running, jumping rope, and playing hopscotch can help to strengthen bones.	FACT or FICTION
9	For most people, nutrients should come primarily from foods, not supplements.	FACT or FICTION
10	Sugar-sweetened beverages are a top source of added sugars for Americans.	FACT or FICTION

Check your answers on the next page!

To schedule your complimentary consultation, contact Susan Campbell 440-284-5709
Susan.Campbell@uhhospitals.org. Appointments are offered on Tuesday and Thursdays. Your insurance may also cover additional visits with a referral from your provider.

Dietitian CORNER



**Food
ConnectsUs**
2025 NATIONAL NUTRITION MONTH*

**eat
right.** Academy of Nutrition
and Dietetics

ANSWERS

1	The serving size listed on a Nutrition Facts label reflects how much people tend to consume. It's not a recommended serving size.	FICTION
2	In addition to protein, the human body needs a regular supply of other nutrients including carbohydrates, fats, vitamins, minerals and water to support all of its functions.	FICTION
3	MyPlate symbolizes each of the food groups and can be adapted to different food preferences and cuisines.	FACT
4	It's better to eat a variety of healthy foods, including different colored vegetables and fruits, to get an assortment of nutrients we need for good health.	FICTION
5	Most of our calories each day should come from nutrient-dense foods and drinks, which means they contain no or little amounts of added sugars, saturated fat, and sodium.	FACT
6	Whole grains are a source of dietary fiber, whereas refined grains go through a process that removes it. Look for grains that list a whole grain as the first ingredient (or second after water). Foods that provide 10% or more of the Daily Value per serving are good sources of dietary fiber.	FICTION
7	Food safety is important for both cooked and raw foods. Steps you can take to promote food safety include: hand washing, preventing cross-contamination between raw and cooked foods, cooking foods to an appropriate internal temperature, and storing foods properly.	FICTION
8	These types of activities require bones to support our body weight, and this helps to strengthen them.	FACT
9	Eating a variety of foods regularly from each group will help to meet nutrient needs. There are times when a dietary supplement may be needed, but it's best to discuss first with a health care provider like a registered dietitian nutritionist.	FACT
10	Sodas and other sweetened drinks are a main source of added sugars. The Dietary Guidelines for Americans recommends choosing drinks with beneficial nutrients such as water, fat-free or low-fat milk, fortified soy milk, or 100% fruit juice.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.

GYM *schedule*

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.

Today < > March 2 - 8, 2025 Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7	8
6 AM		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball	
7 AM					TRX		
8 AM							TRX
9 AM	-11:30a Pick Up Basketball	-10:15 Small Group PT		-10:15 Small Group PT		Open Play Pickleball	Open Pickleball Beginners
10 AM		-12p Rock Steady Boxing	Delay the Disease	-12p Rock Steady Boxing	Delay the Disease		
11 AM							
12 PM			Mindful Movement		Mindful Movement		
1 PM							
2 PM					Open Play Pickleball		
3 PM							
4 PM							
5 PM		Pick Up Basketball 5-7:30	Pickleball Open Play	Pick Up Basketball 5-7:30		Pickleball Open Play	
6 PM					Pickleball Open Play		
7 PM							
8 PM				Rental Reserved			
9 PM							

Member Engagement **ACTIVITIES**

PICKLEBALL



We heard your requests and added Friday nights from 5:30 pm to close for the months of March and April. Open play times are available for anyone who at least knows the basics of pickleball or has taken a beginning class. If you would like to play at any other time, check gym availability and staff will move a net in for you to play. You can also reach out to other players through our app at:

Our TeamReach app information is Group Name is: UHFC Avon Pickleball. Code: non-volleyline

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. 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.

Open Play

Tuesdays • 5:00 p.m.

Thursdays • 1:30 p.m. and 6:00 p.m.

Fridays • 9:00 a.m. and 5:30 p.m.

Saturdays • 9:00 a.m.

Beginner Pickleball: How to Event

Friday, March 7th • 4:00 p.m. – 5:00 p.m.

Sunday, March 16th • 1:00 p.m. – 2:00 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.

Member Engagement **ACTIVITIES**

March Fitness Specialist Member Focus is Mobility Presentation:

Principles of Joint Mobilization



Friday, March 7th at 11:30 am

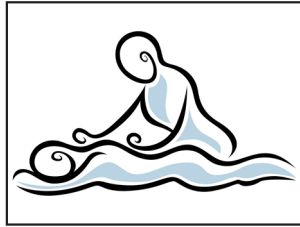
Looking to learn more about joint mobilization and the impacts it has on your body? Join Fitness Specialist Dylan Varga, B.S./ DPT student and dive into the impacts of joint mobilization and the science behind it to help improve your overall joint health. You'll even have a chance to try some exercises yourself!

Please call 440-988-6801 or register at front desk.



PROGRAMMING *updates*

The Spa **UPDATES:**



SPIN the wheel and **SAVE!**



March 16th – 22nd, 2025

Pick out your purchase and spin the wheel to reveal a discount off of our amazing spa products or a prize.

Clear the Shelves!

Saturday, March 29th • 9:00 a.m. - 11:00 a.m.

Spring cleaning has started in The Spa. Browse the table in the lobby for great deals. Everything in the sale will be \$5.



MEMBERSHIP *updates*



Membership:

As a thank you to all members for Anniversary Month, there is no enrollment fee when you add someone to your monthly membership during the month of March.

If you have changed your insurance and no longer have United Healthcare/Renew Active, please let Melissa in membership know ASAP.



Therapeutic Art Community Group

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

Wednesday, April 9th • 12:00 p.m. - 1:00 p.m.

Looking for some joy with art? Join Art Therapist Jess Grimm with UH Connor Whole Health for the therapeutic art groups. Art has been shown to help reduce stress and give you some time for yourself. Each class is an hour long. 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. The program is offered the 2nd Wednesday of each month.

March will include Animal, Cardboard Resist Art Intervention to express yourself, and connect with your inner spirit animal. There will be three options in animals, paint colors, brushes and sponges so you can express yourself fully.

Small Group

PERSONAL TRAINING PROGRAMMING



It's Back!
STRETCH + MOBILITY PROGRAM

Join former professional dancer and current Fitness Specialist Elissa in this 3-week program! Walking through a variety of techniques and exercises, participants will learn how to identify muscle tightness, mobilize stiff joints, and increase their flexibility in all areas of the body. Participants will also receive personal stretching assistance and request individual muscle groups to focus on.

REGISTER
440-988-6801
Online or at the Front Desk
\$45 Member, \$56 Nonmember

SATURDAY
MARCH 8TH, 15TH & 22ND

TIME
8:00-8:50 AM



NEW!! Stretch + Mobility Program

Saturdays 8:00 a.m. - 8:55 a.m.

Increase your flexibility and mobility in 2025 with former professional dancer and fitness specialist Elissa! Walking through a variety of techniques and exercises, participants will learn how to identify muscle tightness, mobilize tight joints, and increase their flexibility in all areas of the body. Month long program participants will also receive personal stretching assistance and request individual muscle groups to focus on.

Cost: \$60 members; \$75 for non-members

Small Group

PERSONAL TRAINING PROGRAMMING



Yin and Sound Special Program

Saturday, March 22nd • 11:00 a.m. - 12:00 p.m. (Studio 2)

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. Program is presented by Crissy Stelmashuk, RYT.

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 our 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.



Small Group

PERSONAL TRAINING PROGRAMMING



WITH ANA ENDO, RYT

NECK AND SHOULDER RELIEF WORKSHOP

SATURDAY MARCH 8 | 11A.M. TO NOON

Alleviate tension in neck and shoulders with targeted exercises and stretches. Participants will learn to relieve discomfort caused by poor posture, stress, and repetitive movements. Handouts will be provided.

Space is limited. Sign up Today! Fee: \$15 member; \$20 guest

IT'S Back!



Molly's Small Group Personal Training for Women

Mondays, March 10th - April 14th • 5:00 p.m. - 6:00 p.m.

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

Join our fun, supportive training group and crush your fitness goals! Led by Molly Linn, Certified Personal Trainer. **\$108 for members and \$132 for non-members.**

Small Group

PERSONAL TRAINING PROGRAMMING



NEW Class!

Pickleball Footwork/Agility Workshop

Sunday, March 16th • 12:00 p.m. - 1:00 p.m.

This workshop lead by Fitness Specialist/Personal Trainer Brandon, focuses on enhancing speed, agility, and muscular endurance for those interested in racquet sports like pickleball and racquetball. Program includes 5 to 10 minutes of dynamic footwork drills to warm up and improve coordination. Followed with obstacle course-based drills designed to sharpen quick stopping ability and decision-making skills. We'll conclude with 5 to 10 minutes of flexibility training to aid recovery and mobility. The goal of this workshop is to help participants develop essential athletic skills, while also giving seasoned players an opportunity to refine their game.

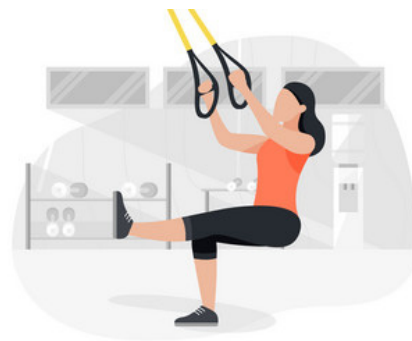
\$10 fee for members; \$15 for guests.

Contact the Front Desk or Register online through programs.

TRX – FREE PREVIEW

Thursday, March 6th • 7:00 a.m. - 7:55 a.m.

Have you been looking for a time effective workout to improve the strength of the total body? The TRX is “Total Resistance eXercise” which is a suspension system using body weight as resistance. These moves engage the core and stability of the joints under the supervision of a trainer who will help you with form and motivation. This preview is designed for those considering a 6 week program.



6-week program:

Thursdays, March 13th - April 17th • 7:00 a.m. - 7:55 a.m.

OR

Saturdays, March 8th - April 12th • 8:00 a.m. - 9:00 a.m.

Fees:

\$72 for members; Guests may attend for \$90 program fee. This program is offered in the gym with Jennifer Varhola.

Spots are Limited, please register today through online services for members or contact our front desk in person or via the phone.

TRANSFORM THE WAY YOU LOOK, FEEL, & THINK!

With 7 simple movements, TRX Suspension Training transforms the body and mind to look better, feel better and think better.



PUSH

PULL

PLANK



ROTATE

HINGE

LUNGE

SQUAT

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!! Sit Fit Seniors with Crissy

Saturday, March 29th • 11:00 a.m. - 11:55 a.m.

Stay Active & Independent with Our Chair Fitness Class This complete chair workout is designed specifically for active older adults looking to build strength, boost cardiovascular health, and increase flexibility and mobility - all from the comfort of a chair! Perfect for those with limited mobility or balance concerns. In this fun and social 55-minute class, you'll be led through a variety of seated exercises using just your own body weight or optional resistance bands/weights. The low-impact cardio segments will get your heart pumping and work up a light sweat by combining simple movements like marching, treading, and arm patterns. Build strength safely at your own pace using just your body weight or light weights. We'll also focus on maintaining and improving range of motion through seated stretching and breathing exercises. Increase flexibility, reduce stiffness and soreness, and promote relaxation. This well-rounded workout allows you to exercise at your own level with modifications provided.



Havin' a Ball with Kathy

Saturday, April 5th

Note new time! 11:00 a.m. - 11:45 a.m.

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.



NEW!! Cycle and Stretch with Farnaz

Saturday, April 12th • 8:00 a.m. - 8:55 a.m.

Start your day off right with this high energy cycling class. Expect a mix of climbing hills, sprinting, standing, and flat rides. By changing up the pace and intensity, your instructor will make sure you get an amazing workout. This experience will be approximately 40 minutes in length followed by a cool down and stretch in the adjacent conference room using mats.

NEW!!! BOSU Specialty Workshop with Rae Lynn

Saturdays, March 22nd • 8:00 a.m. - 8:55 a.m. (Studio 2)

Learn how to improve your stability and strengthen your core. You will complete various exercises that challenge and improve your leg, abdominal, arm, and glute strength. Challenge your fitness ability by using the BOSU (half ball) to improve your functional training and strength.



Cardio Kickboxing with Brandon

Select Thursdays, March 13th and 27th • 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.**

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.



Body Pump Early Morning

**Tuesdays, March 4th and 18th (with Rachel G)
5:45 a.m. - 6:40 a.m. (Studio 1)**

**Tuesdays, March 11th and 25 (With Julie K)
5:45 a.m. - 6:30 a.m.**

An invigorating weight-training workout in a group fitness setting using barbells with adjustable weights set to motivational music. Strengthen tone and define each major muscle group.



Wall Pilates with Sherry

Saturday, March 1st • 10:45 a.m. - 11:30 a.m. (Studio 2)

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.



Aqua Pilates with Gloria

Monday, March 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.



Race Day Indoor Cycling with Jackie

Sunday, March 2nd • 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.

Select Sundays January 5th and February 2nd (note – advanced registration necessary, classes with low sign-ups will be cancelled.)

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



Iron Yoga with Renee

Select Fridays, March 7th and April 4th • 8:00 a.m. - 8:45 a.m. (Studio 1)

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.

Beginner Yoga with Sherry

Saturday, March 15th • 11:00 a.m. - 11:55 a.m.

This beginner yoga class emphasizes fundamental poses to improve strength, balance, and flexibility while incorporating breathing techniques to promote overall relaxation.

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)

Melissa Rau 440-988-6824 (Membership Services)

Tim Kilbane 440-988-6827 (Building/Facility)

For timely updates be sure to follow us on:

