

SPECIALTY CLASSES

Body Balance (Kelly, Julie K, Stacie) 6p.m. – Studio 2

Wednesday, March 4, 11, 18, 25

Iron Yoga (Renee) 8-8:45a.m. – Studio 2

Friday, March 6

Stretch and Mobility (Elissa) 8:15a.m. – Studio 2

Saturday, March 7 and 21

Beginner Pilates (Sherry) 10:45-11:40 a.m.– Studio 2

Saturday, March 7

Seasonal Qigong (Mary) 11a.m.– Studio 1

Saturday, March 14, April 11

Aqua Pilates (Gloria) 10a.m. - Pool

Monday, March 16

St. Patrick's Day Cycle (Stori) 8a.m.– Cycling Studio

Tuesday, March 17

Havin' A Ball (Kathy) 11-11:45 am– Studio 1

Saturday, March 21, April 25

Beginner Cycle (Jackie) 10:30-11:15a.m. – Cycling Studio

Saturday, March 21, April 18

Race Day (Jackie) 11a.m. – Cycling Studio

Sunday, March 22, April 19

BodyBalance (Kelly) 10:30a.m. – Studio 1

Tuesday, March 24

Bunny Boot Camp (Jennifer) 10:30a.m. – Studio 1

Saturday, March 28

Water Walking 101 (Stori) 10:00 a.m.– Lap Pool

Monday, March 30, April 27

- United We Sweat Free Community Classes | Sign up Open Now | Space Limited
Fitness Center UH Avon 1997 Healthway Drive, Avon OH 44011