

6/5/25

Welcome to the 10th Annual Community Challenge! We're excited to have you involved. You are encouraged to participate in events and activities aimed at providing fun, education and the opportunity to build relationships with our team of highly trained health and fitness specialists and fellow residents. You'll also earn POINTS!

Communications: Additions will be made to the offerings as we move through the summer. Be sure to check your email or [Facebook](#) or [Instagram](#) sites for updates. The online/app also has schedule.

Goal Setting Assessment: Pre-program health assessment (waist, body weight and composition, basal metabolic rate and more, blood pressure) worth 5 points for yourself and "city" are offered. No appointment is generally needed, but calling ahead ensures we don't have the testing room in use for an extended period of time. *The test is best done at the same time of day, nothing to eat 3 hours before. Be sure you are hydrated and do **not** exercise before.*

Checking In/Points: Remember that your program card is your access to the facility. Be sure to check in with each visit. It also doubles as a locker key. This will also help us calculate points behind the scenes. When you go to a special event, be sure the instructor knows you are in the community challenge as those points are added manually.

Reminders: **Avon & Avon Lake** residents have access for their workouts which earn 2 points/visit on **TUESDAYS OR THURSDAYS**. If an advertised special event is happening on a different day, you are still welcome and encourage to participate and earn points toward the individual cash prize and your city.

Sanitation: We provide hand and equipment cleaning towels for your use while at the facility for your workout and to use the sanitation spray to clean off equipment.

Reservations are required to reserve a spot in courses, warm water classes or a racquetball court. Reservations are taken by phone at 440-988-6801, beginning the day in advance. Group Exercise classes (with the exception of full pool aqua classes) require advanced registration due to limited space. See instructions of how to sign up for classes online.

Sincerely,

Brad [Calabrese](#) General Manager/Lifeguards/Front Desk/Spa, 440-988-6820,
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Renee [Barrett](#) Program Manager/Personal Training/Group Exercise 440-988-6822
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Optional On-Site Activities/Events:

Social Media Post (3 points)

Tell your friends about your workouts and experience here. Be sure to tag us or make it public so that we can see it. You can also send a screen shot to our Program Manager so that we can give you points.

Food Drive (1 point): Please help the less fortunate and drop off canned goods and other non-perishable items **Monday, June 23 through Sunday, July 6th** for Second Harvest Food Bank.

Group strength equipment orientation (2 points)

Tuesday, June 10th 11:00a.m., 5:00 or 7p.m.

Interested in some direction on the strength equipment and how to best utilize it for form and what pieces to use to work certain areas of the body? Meet at the 2nd Floor Fitness Services Desk.

Beginner Pickleball: How to Event (2 points)

Thursday, June 15th from 5:30-6:30 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.

For more information on when to drop in for pickleball, our TeamReach app information is Group Name is: UHFC Avon Pickleball. Code: non-volleyline. You can also take a look at the schedule posted at the gym door. Generally open play is: Tuesdays starting at 5pm. Thursdays 1:30pm and 6pm

Presentations (2 points each)

Upper Body Mechanics

Friday, June 13 | 11a.m.

Looking to learn more about the critical role of upper body mechanics and the impact on everyday life?

Join Fitness Specialist Dylan Varga, B.S./ DPT student in understanding the proper mechanics of our upper body and how it can help us optimize strength, prevent injury, and build lasting stability. You'll even have a chance to try some exercises yourself!

Set yourself up for Success with SMART GOALS

Tuesday, June 17th | 11:30a.m.

Feeling ready for a change but unsure where to begin? Frustrated with setting goals you don't stick to? It's time to make your goals SMART— Specific, Measurable, Achievable, Relevant, and Time-bound.

Take control of your health and see real results! When was the last time you truly broke down your goals and figured out your reasons for them? Join Elissa Weisz, B.S. for this Free presentation.

Silver Stretch Active Presentation (2 points)

Thursday, July 17th | 10:30-11:30 a.m.

Grab a coffee or tea and join Fitness Instructor and Personal Trainer Rae Lynn Moore for this presentation where you will practice seated and standing stretches. She'll review the benefits, types of stretching and provide a regimen that you can do at home or on travel.

Equipment Scavenger Hunt/Checklist (2 points)

Using a map of the fitness floor and guidance from fitness specialist as needed, try at least 8 machines. Return the form to the fitness specialist by August 14th.

Dog Friendly Walk (2 points)

Friday, July 18 | 5:30 p.m. and Friday, August 8 | 5:30 p.m.

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Join Ashlee Sanchez, Fitness Specialist/Personal Trainer, for a walk on our outdoor track. Friendly dogs are welcome – just arrive and wait at the front of the facility. We will use a 7/10th of a mile loop on Clifton and LakePointe Drive. Sorry, no dogs allowed inside.

Group Run/Walk (2 points)

Wednesday, July 9th ; starts at 6p.m.

Join us for a fun run or run/walk leaving the fitness center and heading toward the early learning center (Stoney Ridge Road). It's 1.55 miles out and 1.55 miles back. All speeds are welcome.

Small Group and Personal Training:

Personal Training

Looking for that extra guidance to reach your goals? Our personal training team is here for one on one or group training. Contact [Renee](#) or visit [website](#) for more information. Three hour jump start for new clients for just \$165 for one client or share with a family member or friend for just \$237. Full-time members enjoy the rate of \$143 for individual or \$213 for group.

Specialty Group Exercise Classes (2 points)

Our daily classes require registration up to a day in advance, but these specialty workouts are open for registration now by calling 440-988-6801 or using the online portal. Most classes are 55 minutes unless noted. Please note: we may add more specialty classes for July and August.

Stretch and Mobility Pop Up with Elissa (2 points each)

Wednesday, June 11th | 6-6:45p.m. (Studio 2)

Saturday June 21 | 8:15-9:00 a.m. (Studio 2)

Saturday, July 19th | 8:15-9:00a.m. (Studio 2)

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.

Havin' a Ball (2 points)

Saturday, June 14 from 11-11:45a.m. with Kathy

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.

Cardio Kickboxing (2 points each)

Select Thursdays June 19th, July 17th at 6:15p.m. with Brandon

Practice technique for proper kicks and punches in this non-contact class which will also improve your confidence while burning calories and increasing your aerobic and anaerobic fitness.

International Yoga Day Outdoor Yoga (2 points)

Saturday, June 21 | 9:00 a.m. with Ana and Heather G.

Mixed level yoga in collaboration with SEWA International co-taught by UH Yoga Instructors Ana Endo and Heather Gillespie. If there's inclement weather, limited space for 25 is available inside. Pre-registration is required. Dress for heat and sun (there is no shade) and bring water. Mats are provided for those who do not own one.

Outdoor Yoga Flow (2 points each)

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Monday, June 23 from 6-6:55p.m. with Renee on the Side Patio

Yoga class in which the poses are linked together in a flow. Sun Salutations will be incorporated for the Solstice. Dress for heat and sun and bring water. Mats are provided for those who do not own one.

Sit Fit Seniors (2 points each)

Saturday, June 28 from 11-11:55a.m. with Stori

Saturday, July 26 from 11-11:55a.m. with Heather G.

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, seated stretching.

Body Pump Early Morning Pop Up (2 points each)

Tuesday, June 10 (with Rachel G) 5:45-6:40 a.m. (Studio 1)

Tuesday, June 17 (with Julie K.) 5:45-6:40 a.m. (Studio 1)

Tuesday, June 24 5:45-6:40 a.m. (Studio 1)

July dates potentially added depending on attendance in June.

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.

Iron Yoga (2 points each)

Fridays, July 11th, August 1st | 8:00 a.m.- 8:45 a.m. with Jennifer and Renee

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 addition of light dumbbells.

Wall Pilates (2 points)

Saturday, July 12; 10:30-11:15 a.m.

A variation of the traditional Pilates only using a wall for resistance. This focuses on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants should be aware that both standing, lying, and sitting poses will be done.

Better Balance (2 points)

Saturday, July 19; 11-11:55a.m.

The class will focus on improving one's strength, flexibility, stamina, and sensory concentration.

Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one's longevity.

Aqua Pilates with Gloria (2 points each)

Monday, July 14th and Monday, August 11 | 10:00 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.

Ball Motion with Rae-Lynn (2 points)

Thursday, August 14 | 1:30p.m.

Enhance your core stability, pelvic health, balance, and overall endurance with this dynamic class using a large stability ball. You'll engage deep stabilizing muscles while improving posture and control. Through guided movements that lengthen and strengthen, you'll increase flexibility and build sustainable strength from the inside out. Suitable for all fitness levels.

More Additions Coming Soon Watch Your Email for Updates as well as Facebook and Instagram Sites!!