



October Fitness Center Member Newsletter

Top of the Month: October 2025



A Message from our General Manager

Brad Calabrese:

Thanks to all our members and Day Spa patrons who voted for us as Best Day Spa in the "Best of Lorain County" awards. Our spa staff does a great job with the services they provide and are proud of this extra recognition. Next time you are in, stop at the desk and check out our list of services, and treat yourself to a massage, nail, skincare service, or product. Our spa services also make great gift cards for Sweetest Day, and the upcoming Holiday season.

Speaking of recognition, a special thank you to all the members who took time in August to write our staff special recognition. It was humbling to see almost all staff mentioned, and the kind words. All comments were shared with staff, some special were read aloud during an all-employee meeting, and out of all the comments, we thank Kelly (Group Exercise Instructor/Personal Trainer), Amber (Front Desk Receptionist), and Ashlee (Personal Trainer and Fitness Specialist) as "Employees of the Month" for all that they've done and continue to do.

Pool closure:

Good news – we've hired enough Lifeguards that hopefully we should not see many more pool closures on the schedule moving forward in the near future, but one closure will happen between 12:30 p.m. - 5:00 p.m. on Wednesday, October 1st. Thank you for your help in getting the word out that we are hiring.

Hydration:

9 times out of 10 when you see our staff running with first aid kits and AED's towards the locker room we are headed to the "hot" area (sauna/steam/hot tub) due to a member dehydration event.

Please hydrate before you enter these areas, and do not exceed 10 - 15 minutes in each area. This is particularly important for our senior crowd. Older adults are at a significantly higher risk of dehydration due to physiological changes like a diminished thirst sensation, reduced kidney efficiency, and lower total body water content. Factors such as medications, chronic illnesses, cognitive impairments, and mobility issues further increase seniors' vulnerability to dehydration. Please drink water or an electrolyte drink prior to using these areas.



MEMBER *Spotlight*

MEMBER SPOTLIGHT

meet

Deb

Schrembeck

***Read about Deb and
hear what keeps her
motivated to keep
working toward her
goals.***



My UH Avon fitness journey began in 2009 after a near death illness. I promised God I would take care of my body if he gave me one more chance.

I started with early morning spin classes and working with Cheryl, a personal trainer, who cross trained me to complete a half marathon that ran directly under Fairview Hospital where I could look up and give thanks.

In 2015, I did better body challenge where I felt a sense of comradery. I continued with different teams based on my schedule. However, in 2019 I found my home with the blue team. Here I found encouragement, friendship and an excitement for exercise and physical movement. My highlight has been winning the better body challenge and working with Trainer/Health Coach, Kelly Kacenjar, who taught me there are no bad foods and to eat in moderation. I am in the best shape of my life at 64 years old. It's the encouragement from my teammates and other members of the gym that keep me coming back. UH Avon is not just a gym but a complete wellness center.

FITNESS CORNER *with Fitness Specialist*

Walktober

OCTOBER 1ST - OCTOBER 31ST

- Our focus is on the benefits of walking and counting laps.
- Keep track of every mile on the indoor or outdoor track.
- 10 laps indoor / 3 laps outdoor
- The bulletin board behind the fitness desk will keep track of all the participants progress.
- All participants will have a chance to win a \$50 gift card.
- Top participants in age groups also recognized.



**This is FREE, but please
pre-register at Front Desk or
Fitness Specialist Service Desk**

Fitness Tip for Walking

After your strength sessions add a 20 – 25-minute walk at a brisk pace. This will boost your recovery, improve cardiovascular health, improve blood flow, and reinforce the habit of movement without adding joint stress.

Meet the Team!

**Say hello to Markayla, our
new full-time Fitness
Specialist!**

Markayla is originally from Cleveland, OH. She graduated from Cleveland State University, majoring in Health Sciences. Markayla looks forward to working as a Fitness Specialist/Personal Trainer with concentrations in strength and conditioning. In her free time she enjoys working out and going to art museums.



Meet Markayla

I believe in building strong, resilient bodies through tailored programs and consistent effort. Whether your goals are to build strength or endurance through lifting or cardio, I am here to meet you where you are and help you move with a purpose.

Strength is the foundation and conditioning keeps you sharp, let's build both- one rep, one walk, one day at a time.

Remember your why. Train with a purpose. That's how we stay consistent.

FITNESS TIP *corner*

Health and Fitness Presentation:

Building Muscle in Weight Training with Tyler Neely, B.S., ACSM – EP
Thursday, October 16th • 11:00 a.m. - 11:45 a.m.

Find out what the difference is between hypertrophy and strength training, key training variables, reps, sets and loads, type of exercises and the appropriate rest breaks between each set. This is a free presentation for members and guests (no additional charge) so invite your family and friends to grab a cup of coffee and join in.



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.

DietitianCORNER



From Sue Campbell, RD, LD

Common Reasons to Consult a Registered Dietitian (RDN)
from the Academy of Nutrition and Dietetics

WHAT IS DEHYDRATION?

Dehydration occurs when you use more fluids than you consume or drink. You'll naturally lose water through normal bodily functions such as sweating, going to the bathroom, or breathing. It's important to consume fluids throughout the day to maintain a proper balance.

COMMON WAYS TO BECOME DEHYDRATED:

ILLNESS

When you're vomiting and/or have diarrhea, you're losing essential fluids that are needed to help you feel well again. When you're sick, you may also eat and/or drink less.

SPORTS & EXERCISE

Your body temperature rises when you exercise or play sports (especially in hot temperatures) which causes you to sweat and lose fluids.

TRAVEL

When you travel, you're out of your normal routine and may not be focused on staying hydrated. If you travel on a plane, the humidity level may be lower and you may experience signs of dehydration.

Information provided by Abbot Nutrition Health Institute;
Submitted by Susan Campbell, R.D., L.D. For consultation
call 440-284-5709 or email: Susan.Campbell@UHHospitals.org
Free consults available. Your insurance may also cover
additional consultations.

COMMON SIGNS



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.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	14	15	16	17	18	19	20
6 AM		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball	
7 AM							
8 AM							TRX if weather inclement
9 AM	-11:30a Pick Up Basketball	-10:15 Small Group PT		-10:15 Small Group PT		Open Play Pickleball	
10 AM		-12p Rock Steady Boxing	Delay the Disease	-12p Rock Steady Boxing	Delay the Disease		
11 AM			Mindful Movement		Mindful Movement		
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM		Pick Up Basketball 5-7:30	-8:45p Pickleball Open Play	Pick Up Basketball 5-7:30			
6 PM					- 8:45p Pickleball Open Play		
7 PM							
8 PM							

Member Engagement **ACTIVITIES**

PICKLEBALL



Beginner Pickleball: How to Event with Melissa

Sunday, October 12th 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.

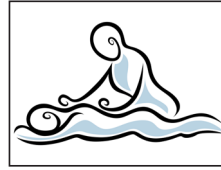
Saturdays • 9:00 a.m.

League Play

Still looking for people who want to play in a leagues on Saturdays at 11:00 a.m. This is a great opportunity for beginner and advanced players to get play time. Contact Melissa at melissa.rau@uhhospitals.org or 440-988-6824 if you are interested or have questions.

PROGRAMMING *updates*

The Spa **UPDATES:**



NATIONAL
Brow Day

October 2, 2025
ONLY

15% OFF ALL
BROW PRODUCTS

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The Spa Winter Event
Tuesday, December 2nd!

MEMBERSHIP *updates*



Therapeutic Art Community Group

Wednesday, October 8th • 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.

Dog Walk

Friday, October 22 at 5:30 p.m.

Come join for this fun and free outside event! We walk the adjacent neighborhood Clifton Way/Lake Pointe Dr. loop. Guests are welcome, but please register. In the event of inclement weather, event will be cancelled.



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, OCTOBER 18
11:00 A.M. TO NOON
STUDIO 2

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

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

Small Group

PERSONAL TRAINING PROGRAMMING



POST-SEASON GOLF PROGRAM IS BACK!!

Join Fitness Specialist/ACSM Exercise Physiologist Tyler Neely for an 8-week postseason golf program built to make golfers stronger and more powerful. The training in the first few sessions works on strength and balance to build control and prevent injuries. The latter half of the program focuses on quick, powerful movements and rotation. By the end, golfers will have better durability, more strength, and the speed they need to carry into offseason preparation. This program is limited to up to 5 attendees. Register today through the front desk or through programs on the app/online services.

8 weeks in duration

- Wednesdays, October 22nd – December 17th
(optional session the week of Thanksgiving)
from 12:00 - 1:00 p.m.
- Saturdays, October 25th - December 20th
(optional session the week of Thanksgiving)
from 10:00 a.m. - 11:00 a.m.

Cost: \$144 for member and \$176 for guest



Molly's SMALL GROUP PERSONAL TRAINING FOR WOMEN

Women and Moms:

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

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

NEW!! Tuesdays October 21st - November 25th
10:15 a.m. - 11:15 a.m.

Mondays, October 27th - December 1st
5:00 p.m. - 6:00 p.m.

Each program is: \$108 for members; \$132 for guests.



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.

Added:

- **LesMills Core with Laura** • Tuesday 5:15 p.m.
- **Aquasize with Mary (new instructor)** • Wednesday 1:30 p.m.
- **LesMills BodyPump with Rachel G.** • Thursday 5:45 a.m.
- **SitFit with Heather G.** • Thursday 1:30 p.m.

Coming Back:

- **TaiChi with Leslie** • Thursday 11:30 a.m.
- **Group Cycling** (Jackie and Julie K on rotation) • Friday 5:45 a.m.



Fitness



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 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 Cycling&Core 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. Sept 27, Oct 25	
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. Oct 11	
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) Fri Sep 5, Oct10, Nov7	
		1:00 pm Stretch Class 30 Beth	NEW!! 1:30 pm SitFit Heather G.		Cardio Kickboxing (Brandon) 6:15pm Thu Sep 4, 18, Oct 2, 16	
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 Sep8, Oct13, Nov10	
5:30 pm BodyPump Laura	5:30 pm Butts&Guts Jackie (St 2)	5:30 pm BodyPump Priscilla	6:00 pm Bootcamp Tressa	5:30 pm BodyPump Laura	Ball Class (Kathy) 11am Sat Sep 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. Sep 13, 27	
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)				Yoga Flow Pop Up (Heather) 6:00 p.m. Thur Sept 25, Oct 23	
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801.					WaterWalk101 (NEW!!) (Stori) 10:00a.m. Mon Sep22, 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. Oct 11, Nov 23, Dec 28	
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	30 min Cycle (NEW!!) (Laura) 6:00p.m. Tues Sept 16	
Participants must reserve a spot for Spin and Studio classes online or via our app UHAvenFitness 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.					S.'W.E.T. Deep Water Class (Jackie) 8:15a.m. Sun Oct 12	

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



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	11:15am Private Oct3-31 Program (W)	SitFit Seniors	(Crissy) 11a.m. Sat. Sept 27, Oct 25	
1:30 pm Aquasize Linda		NEW!!!! 1:30 pm Aquasize Mary			WaterWalking101	(Stori) 10a.m. Mon Sep22, Oct27, Nov 24	
					S.'W.E.A.T. Deep	(Jackie) 8:15a.m. Sun. Oct 12	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Cardio Kickboxing	(Brandon) 6:15pm Thu Sep 4, 18, Oct 2, 16	
					Aqua Pilates	(Gloria) 10am Mon Sep8,Oct13,Nov10	
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. Sept 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. Sept 13, 27	
				REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!		Beginner Cycle	(Jackie) 10:30a.m. Oct 11, Nov 23, Dec 28
Please follow us on Facebook/Instagram and download our UHAVonFitness app for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Yoga Flow Pop Up	(Heather) 6:00 p.m. Thur Sept 25, Oct 23
						Seasonal Qigong	(Mary) 11a.m. Sat. Oct 11



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.



Halloween Cauldron with Rae-Lynn

Thursday, October 30th • 12:15 p.m. - 1:10 p.m.

Join Rae for "Cauldron" themed water fitness class that will leave you spell-bound and sparkling! This class is held in the lap pool which is heated to 82 degrees F. This will be in the deep and shallow areas (for those that prefer to be able to touch the bottom).

NEW!! Water Walking 101 with Stori

Mondays, October 27th and November 24th • 10:00 a.m. - 10:55 a.m.

Water Walking 101, 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.

New!! S.'W.E.T.™ with Jackie

Sunday, October 12th • 8:15 a.m. - 9:10 a.m.

This Structured Water Exercise Training program is specially designed for deep water fitness. Using buoyancy belts and water's natural resistance, you'll challenge your strength, endurance, balance, and core—without the impact on your joints. Expect a full-body workout that combines cardio, strength training, and functional movements, all while floating in deep water. Swimming skills are not required, but participants should be comfortable in deep water.



Outdoor Bootcamp on the Track with Jennifer

Friday, October 10th • 5:30 p.m. - 6:25 p.m.

Outdoor workout held on our 1/3 of a mile per lap track. There will be stations sprinkled between with strength and endurance exercises. Modifications offered. The focus is on fun and trying.

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.



Beginner Cycle with Jackie

Saturday, October 11th • 10:30 a.m. - 11:15 a.m.

(New Day!) Sunday, November 23rd • 10:30 a.m. - 11:15 a.m.

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, November 15th and December 20th • 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.



Race Day with Jackie

(New Day of the Weekend!) Saturday November 22nd • 11:00 a.m. - 12:30 p.m.

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 with Laura

Saturdays, October 25th, November 15th and December 20th

8:00 a.m. - 8:45 a.m.

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.



Cardio Kickboxing with Brandon

Thursdays, October 2nd, 16th, November 16th and December 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

Select Saturdays, October 4th and October 25th

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.

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.



Aqua Pilates with Gloria

Mondays, October 13th, November 10th and 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, October 25th (Halloween Theme dress up if you'd like!)

Saturday, November 22nd • 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.

The **YOGA** block



Iron Yoga with Renee

Fridays, October 10th, November 7th and December 5th • 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

Thursdays, October 23rd, November 20th and 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)

Melissa Rau 440-988-6824 (Membership Services)

For timely updates be sure to follow us on:

