

# FITNESS AND WELLNESS CLASS SCHEDULE SESSION TWO

## December 1st—December 19th



### TUESDAY

Class	Instructor	Time
Pilates	Carla ZOOM Option	10:00 <sub>am</sub>

### WEDNESDAY

Class	Instructor	Time
Barre Body Weight	Adryen ZOOM Option	10:30 <sub>am</sub>

### THURSDAY

Class	Instructor	Time
Pilates	Carla ZOOM Option	10:00 <sub>am</sub>
Vinyasa Yoga	Alexa ZOOM Option	5:30 <sub>pm</sub>
OULA	Sam ZOOM Option	7:00 <sub>pm</sub>

### SATURDAY

Class	Instructor	Time
Pilates	Carla ZOOM Option	10:00 <sub>am</sub>
Forever Fit	Carla ZOOM Option	11:00 <sub>am</sub>

1. Pre-registration for all classes required. Please call the Avon Recreation Center, 970.748.4060 to register.
2. Face coverings are required inside the Recreation Center and during class.
3. Yoga equipment will not be provided, please supply your own gear, (mat, block, etc.). Class space is limited.
4. Do not attend if you are feeling sick or show any symptoms of COVID-19.
5. Physical distance of six feet or more from each participant must be strictly adhered to at all times.
6. Please arrive prepared for class, locker rooms, showers will not be accessible.
7. Public health officials encourage seniors and others in higher risk categories to limit person to person contact.
8. Session will not be pro-rated



All 3  
classes  
for \$15!



Now offering  
digital classes!

# PILATES WITH CARLA



**UPCOMING SESSIONS: 10:00—11:00 a.m.**

**Tuesdays: December 1 - December 15**

**Thursdays: December 3 - December 17**

**Saturdays: December 5 - December 19**

## **FEES & REGISTRATION:**

**\$15 for all three classes (pre-registration required)**

**Call (970) 748-4060 to register**

## **SAFETY PROTOCOLS:**

This class is open to a maximum of six (6) participants to ensure proper distancing. Studios are sanitized before each class. Please bring your own mat. Facial coverings are required inside the Recreation Center and during class.



# BARRE CLASS WITH ADRYEN

**Wednesdays: December 2 - December 16**

**10:30 - 11:30 a.m.**



Using your own body weight for resistance with the option to supplement using weights, Barre targets the muscles in your arms, thighs, glutes and abs to the point of fatigue, then stretches them for relief. This class combines strength training, core and stretch sequences that help sculpt the body.

**Fee:** \$15 per session (all three classes - pre-registration required)

**Registration:** Call (970) 748-4060

**Safety Protocols:** This class is open to a maximum of six (6) participants to ensure proper distancing. Studios are sanitized before each class. Please bring your own mat. Facial coverings are required inside the Recreation Center and during class.



# Vinyasa Yoga with Alexa



**Thursdays: December 3 - December 17**  
**5:30 - 6:30 p.m.**

## FEES & REGISTRATION:

\$15 for all three classes (pre-registration required)

Call (970) 748-4060 to register

## SAFETY PROTOCOLS:

This class is open to a maximum of six (6) participants to ensure proper distancing. Studios are sanitized before each class. Please bring your own mat. Facial coverings are required inside the Recreation Center and during class.



## Oula with Sam



**Thursdays: December 3 - December 17**  
**7 - 8:00 p.m.**

### **FEES & REGISTRATION:**

**\$15 for all three classes (pre-registration required)**

**Call (970) 748-4060 to register**

### **SAFETY PROTOCOLS:**

This class is open to a maximum of six (6) participants to ensure proper distancing. Studios are sanitized before each class. Please bring your own mat. Facial coverings are required inside the Recreation Center and during class.



# FOREVER FIT WITH CARLA

**Saturdays: December 5 - December 19**

**11 - 12:00 p.m.**



Join Carla to help improve strength, balance, flexibility, energy, and overall health. Ideal for people with health concerns and who need extra guidance

**Fee:** \$15 per session (all three classes - pre-registration required)

**Registration:** Call (970) 748-4060

**Safety Protocols:** This class is open to a maximum of six (6) participants to ensure proper distancing. Studios are sanitized before each class. Please bring your own mat. Facial coverings are required inside the Recreation Center and during class.