



## July Fitness Center Member Newsletter

**Top of the Month: July 2025**



### **A Message from our General Manager**

#### **Brad Calabrese:**

July and the summer heat is here! As we recently experienced with the recent 90 degree temperatures, we try to do our best to keep the facility cool while you workout, but sometimes physics is against us. The vastness of our facility looks great, but the sheer amount of cubic feet to cool, plus our metal roof make it difficult to cool as much as we'd like to on multiple hot and humid days. Please stay hydrated before, during, and after your workout, especially if you are also going in our "hot areas" – the hot tub, steam room, or sauna.

#### **Pool Annual Deep Clean Closure:**

Reminder that our pool area will undergo its annual deep clean between June 30th - July 4th, and reopen July 5th (barring the unforeseen). We additionally plan to reinvest and get new LED lights above the surrounding area of the pool, and also completely clean, re-sand all filters and replace at least one of the pool filters during this time.

### **We are hiring!**

Finally, we're hiring! If you know of anyone whom has the skills to be a great Maintenance Generalist for us, we need your help in getting them to apply! The

Maintenance Generalist position would serve both the UH Avon Health Center and UH Avon Seidman Cancer Center. This position is a critical position for our operations at both buildings. The right person for this position should have knowledge in general maintenance issues such as HVAC, minor electric/lighting, minor plumbing; and be willing to learn maintenance on equipment and pools. They should be able to work with contractors and get bids for projects larger in scale, and also have the computer skills to navigate the basics of our UH systems to create and reconcile purchase orders, and order applicable supplies.

The position is Mon-Fri, full-time (40 hours) but some minimal off hours would be needed for pools, generator testing, and/or emergencies/special projects that arise. The position will be eligible for UH's full time benefits package including medical, dental, vision, 403b, wellness and appreciation incentives, fit center membership, etc.

We are also looking for more Lifeguards. Candidates must have an American Red Cross Lifeguard certification and have evening and weekend availability.

To apply for either position, visit [careers.UHhospitals.org](https://careers.UHhospitals.org), and filter to Avon, OH as the location.

# OTHER *important* NEWS

## 10th ANNUAL



Welcome to the Participants of the 10th annual community challenge.

There are 49 individuals enrolled in the program. There are 30 from Avon and 18 from Avon Lake. Currently Avon is in the lead with the highest average points per member.

## Research STUDY



### Eligibility:

- Diagnosed with Parkinson's disease and 50 to 79 years old
- Free from cardiovascular disease, stroke or orthopedic issues

### Procedures:

- Visit the Kent State University Motor Control Lab (Kent, OH), UH Health Center (Avon, OH) or InMotion (Beachwood, OH) for 13 visits over 5 weeks
- Complete (12) 40-minute cycling sessions on a stationary bike
- Participants receive compensation following study completion
- If implanted with Medtronic Percept deep brain stimulation (DBS) device, undergo DBS measurements before and after cycling exercise

This study is being conducted by researchers from Kent State University. Please contact Dr. Angela Ridgel if you are interested in participating. phone: 330-672-7495 email: [aridgel@kent.edu](mailto:aridgel@kent.edu)

# FITNESS TIP *corner*

Fitness Corner with Fitness Specialist/Personal Trainer Tyler Neely, B.S. Exercise Physiology, ACSM Exercise Physiologist

Most people know water consumption is important, but lots of us still don't drink enough, especially around workouts. When your body loses too much water due to sweat, performance both physically and mentally takes a hit. Research backed by the American College of Sports Medicine (ACSM) shows that even mild dehydration can lead to impaired cognitive function, elevated heart rate, and slower reaction times (1).

If you're training, lifting, or just moving with intensity, being even a little dehydrated can limit your power and endurance (2). A study by the Journal of Strength and Conditioning Research showed consistent drops in strength and anaerobic performance when people weren't hydrated properly (3). This is most pronounced in hot and/or humid conditions.

To stay ahead, try drinking about 2-3 cups of water a few hours before exercise. If you're working out longer than an hour, especially in the heat, it's smart to drink fluids that also replace lost electrolytes like sports drinks. After your workout, continue to sip water to help your body recover.

Hydration isn't just about preventing thirst. It helps your heart, your muscles, and even your brain work at their best. So don't wait until you're thirsty, make hydration a part of your fitness routine."

## References:

1. American College of Sports Medicine. (2007). Exercise and fluid replacement: ACSM position stand. *Medicine & Science in Sport & Exercise*.
2. Nuccio et. al. (2017). Fluid balance in team sport athletes and the effectiveness of current hydration practices. *Journal of the International Society of Sports Nutrition*. 14(1), 29.
3. Judelson et. al. (2007). Hydration and muscular performance: A meta-analysis. *Journal of Strength and Conditioning Research*. 21(2), 534-539.



# 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.



## Fitness



## Aqua Group Exercise Schedule Summer 2025

July-August

*\*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) Stori	Specialty Classes (Guests Welcome)	
			12:00 pm H2O Cardio Shallow Rae		Wall Pilates (Sherry) 10:30-11:15a.m. Sat July 12	
1:30 pm Aquasize Linda					Outdoor Yoga (Ana) 8:00a.m. Sat. July 12	
					SitFit Seniors (Heather/Crissy) 11a.m. Sat. Jul 26, Aug 23	
6:00 pm Aquabats Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		LesMillsCore Pop Up (Laura ) 5:15p.m. Tue Jul 22, Aug 5	
					Iron Yoga (Jennifer/Renee) Fri Jul 11, Aug 1	
Pre-registration required for specialty classes. Register at front desk, call 440-988-6801 or use online sign up. Specialty classes are <b>free</b> to non-members as part of our United We Sweat Program. Photo ID required.					Cardio Kickboxing (Brandon) 6:15pm Thu July 17, 31, Aug 7, 21	
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.					Aqua Pilates (Gloria) 10am Mon Jul 14 Aug 11	
				<b>REMINDER:</b> NO GLASS CONTAINERS IN THE POOL AREA!		Better Balance (Sherry) 11a.m. Sat July 19
Please follow us on Facebook/Instagram and download our <b>UHAvenFitness app</b> for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Stretch/Mobility (Elissa) 8:15a.m. Sat. July 19, Aug 16
						Stretch/Mobility (Elissa) 6:00 p.m. Wed. July 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6	7	8	9	10	11	12
6 AM		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball		6-7:30a Pick Up Bball	
7 AM							
8 AM							
9 AM	-11:30a Pick Up Basketball	-10:15 Small Group PT		-10:15 Small Group PT		Open Play Pickleball	Open Pickleball Beginn
10 AM		-12p Rock Steady Boxing	Delay the Disease	-12p Rock Steady Boxing	Delay the Disease		
11 AM							
12 PM							
1 PM							
2 PM					Open Play Pickleball		
3 PM							
4 PM							
5 PM		Pick Up Basketball 5-7:30	-8:45p Pickleball Open Play	Pick Up Basketball 5-7:30		5:30-7:45p Pickleball Open Play	
6 PM					- 8:45p Pickleball Open Play		
7 PM							
8 PM							



# 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.



## Fitness



## Studio and GroupCycling Group Exercise Schedule July-August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am GroupCycling 45 Julie K	5:45am BodyPump Rachel G./Julie K.	5:45 am GroupCycling 45 Jackie				
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)		9:00 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 Pilates Elissa (St 2)	9:15 am Pound Stacie	9:15 am Pilates Elissa (St 2)	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		9:30 am Intensity Cycling Julie A	9:15 am Step Tina	9:30 am Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Bejan/Ana (St2)	10:30 am Yoga Flow Renee (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Staff (St2)	Specialty Classes	
			11:00 am Gentle Pilates Elissa	11:00 am Chair Yoga Crissy		
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth				
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 Zumba Gold Stacie	12:30 pm Core Strength & Stretch Sherry		
		1:00 pm Stretch Class 30 Beth				
4:30 pm Yoga/Pilates Lana (St2)		4:30 pm Pilates 45 Heather (St2)			SitFit Seniors	(Heather/Crissy) 11a.m. Sat. Jul 26, Aug 23
5:30 pm BodyPump Laura	5:30 pm Butts&Guts Jackie (St 2)	5:30 pm BodyPump Priscilla	5:15 pm 30 min Core Priscilla/Julie K	5:30 pm BodyPump Laura	LesMillsCore Pop Up	(Laura ) 5:15p.m. Tue Jul 22, Aug 5
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling Julie K/Claire	6:00 pm Bootcamp Tressa		Iron Yoga	(Jennifer/Renee) Fri Jul 11, Aug 1
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)		6:00 pm Les Mills Sprint Priscilla/Julie K		Cardio Kickboxing	(Brandon) 6:15pm Thu July 17, 31, Aug 7, 21
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801.					Aqua Pilates	(Gloria) 10am Mon Jul 14 Aug 11
Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Better Balance	(Sherry) 11a.m. Sat July 19
Group Exercise Fitness Guidelines: Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use.					Stretch/Mobility	(Elissa) 8:15a.m. Sat. July 19, Aug 16 (Elissa) 6:00 p.m. Wed. July 23
Participants must reserve a spot for Spin and Studio classes online or via our app UHAVonFitness 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.					Class Key: Les Mills Class Group Cycling St2 = Studio 2 Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants	

# Member Engagement **ACTIVITIES**

## PICKLEBALL



### **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. The outdoor courts are open!

There are 2 courts that are available anytime.

**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**

**Thursday, July 17th at 5:30 p.m.**

**Tuesday, July 22nd at 1:00 p.m.**

**Pre-sign up required. Only 8 spots total.**

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



# OTHER *important* NEWS

## MEMBER SPOTLIGHT

*Pat Fare*



How long have you been a member?

**Two and a half years**

Do you remember why you joined originally?

**My doctor wanted me to start the Parkinson's Program (Rock Steady Boxing)**

What classes, exercises or activities do you enjoy?

**Beth's classes, Zumba Gold, Chair Yoga, Yoga, and Rock Steady Boxing**

What motivates you to keep coming to the fitness center?

**The people! I call the fitness center a church for my body. I've made so many friends here, and everyone greets me with a smile**

Do you have any advice for anyone reading this who may be struggling with their health and well-being goals?

**Just start! You can ease yourself into it and find something you enjoy!**



# PROGRAMMING *updates*

## The Spa **UPDATES:**



★ ★ ★ ★ ★ ★ ★ ★

# **JULY**

## **SPA SPECIALS**



★ ★ ★ ★ ★ ★ ★ ★

**IMAGE**  
SKINCARE

*jane iredale*  
THE SKINCARE MAKEUP®

★ ★ ★ ★ ★ ★ ★ ★

**REVITALASH®**  
COSMETICS



**MONDAY, JULY 21 - MONDAY, JULY 28**  
**10% OFF SPA PRODUCTS**



**University Hospitals**  
Avon Health Center



# MEMBERSHIP *updates*

A special thank you to everyone who refers someone to us. Martin Span won the \$50 gift card for referring a new member. Refer a new member and your name goes into the quarterly drawing.

If you signed up a college student this summer, please make sure you told membership you wanted to cancel when they return to school. You can email Melissa at [Melissa.rau@uhhospitals.org](mailto:Melissa.rau@uhhospitals.org).

## Dog Walk

**Friday, July 18th and August 18th • 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.



## Therapeutic Art Community Group

**Wednesday, July 9th • 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. The program is offered the 2nd Wednesday of each month.

## UH Avon Wednesday Run



**Wednesday  
July 9**

**Outdoor  
Group Walk/Run  
6:00 PM**

**All Paces Welcome  
1 mile, 2 mile  
and 3.1 mile route**

**Open to all runners of different pace  
and distance abilities;  
No runner left behind!**

# Small Group

## PERSONAL TRAINING PROGRAMMING



### Summer Shapeup

#### **Session 2: July 7th - August 16th**

Ready to reenergize your fitness routine for the summer and start seeing the payoff of your effort in improved body composition? Maybe you need help in getting and keeping focused to achieve your goals and long-lasting results. Join our Summer Shape Up Program!

6 weeks of Small Group Personal Training 2x/wk

Professional & Peer Support

Contact Melissa or Renee for more information.

**Prices: \$300 per session for members. \$400 per session for non-members.**



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.

# Small Group

## PERSONAL TRAINING PROGRAMMING



### 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!

**July 28th - September 8th**  
**5:00 p.m. - 6:00 p.m.**

Small group of 3 - 5 • \$108 for members • \$132 for guests



## TRX (TOTAL RESISTANCE EXERCISE)

### TRXpress with Rae Lynn

Fridays, July 11th - August 18th • 7:00 a.m. - 7:30 a.m.

This suspension training program uses the entire body to create a strong stable foundation. Challenge your entire body, while finding ways to modify or progress. This express class is designed for those with limited time who would like to improve their muscular endurance and joint range of motion. \$37.50 for 5 week program for a member; \$45 for a guest. Small group of 3-5 participants for individualized attention on form.

### 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.





# Small Group

## PERSONAL TRAINING PROGRAMMING



During the months of July and August attendance tends to decrease. The following classes will take a break for July and August. We'll bring them back in September.

**Tuesday 4:30 p.m. Core**

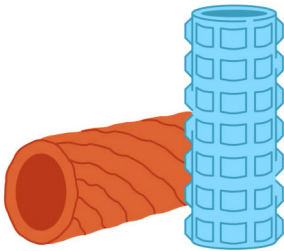
**Friday 5:45 a.m. Cycling**

**Added for July/August:**

**Tuesdays 5:45 a.m. BodyPump.**

This has been trialed on a pop-up basis and attendance has been consistently good.

BodyPump is a 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.



### **Foam Roller Workshop with Elissa**

**Wednesday, August 6th • 6:30 p.m.**

Join Fitness Specialist Elissa Weisz, B.S. Exercise Physiology, to learn more about foam rolling and how to incorporate it in your fitness and recovery plan. Did you know that foam rolling combined with stretching provides better results than foam rolling alone? Learn about how much pressure to exert, how this affects the fascia and much more. Bring your own foam roller if you own one, but we'll also have them available for use.

**Member fee: \$10/ Guest fee: \$15**

## Small Group

## PERSONAL TRAINING with Ashlee



**July 9th - August 13th • 5:30 p.m. - 6:30 p.m.**

Looking to make improvements in strength and stamina? Fitness Specialist and Personal Trainer Ashlee leads a small group of 3 - 5 participants on strength training using free weights and machines, as well as agility and cardio drills for a calorie burn. Each week participants are encouraged to work on goals outside of class for optimum results.

Commit to yourself - you won't regret it!

**\$108 for member; \$132 for guest**

Fills up quickly registration at least a week prior is recommended.

# 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.



## Core (new time) with Laura

**Tuesday, July 22 and August 5th from 5:15 a.m. - 5:45 a.m.**

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.



## Having A Ball with Kathy

**Saturday, August 2nd • 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.



## Cardio Kickboxing with Brandon

**Thursdays, July 17th, July 31st, August 7th and August 21st**

**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

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

**Wednesday, July 23rd • 6:00 p.m. - 6:45 p.m. (EVENING)**

**Saturday, August 16th • 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, July 14th and August 11th • 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 Heather G. and Stori

**Saturdays, July 26th and August 9th • 11:00 a.m. - 11:55 a.m. with Heather G.**

**Saturday, August 23rd • 11:00 a.m. - 11:55 a.m. with Crissy**

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.



## (New!) Ball Motion with Rae-Lynn

**Thursday, August 14th • 1:30 p.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.

# The **YOGA** block



## Outdoor Yoga with Ana

**Saturday, July 12th • 8:00 a.m. - 8:55 a.m. (Patio)**

Take in the nice summer weather using your 5 senses in our outdoor patio (adjacent to the group cycling studio). Classes include breath work and poses to stretch and improve muscular endurance, while enjoying the outdoors. Physical postures will include standing and floor work. We recommend sunscreen and sunglasses.

## Iron Yoga with Jennifer and Renee

**Select Fridays, July 11th and August 1st • 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 Flow with Heather Gillespie

**Thursday July 24th and August 28th • 6:00 p.m. - 6:55 p.m. (Studio 2)**

A Vinyasa Yoga flow of poses communicating the mind/body connection with emphasis on effective movement and safety. Positions include standing and mat work. Some experience with yoga is suggested, but not required.



# EDUCATIONAL *presentations*

## **Silver Stretch Active Presentation:**

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

Grab a coffee or tea and join Fitness Instructor and Personal Trainer Rae Lynn Esser-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.



**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:

