



## June Fitness Center Member Newsletter



### Top of the Month: June 2024

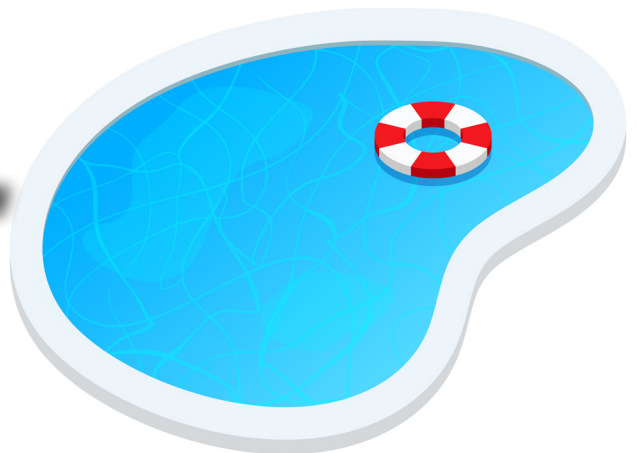
#### A Message from our General Manager Brad Calabrese:

As the weather gets warmer outside, and the humidity increases both inside and outside, please take the time to ensure you are properly hydrated before, during, and after your workouts. A significant amount of time, when you see our staff running to address a potential medical concern for a member, it is due members not eating or hydrating properly. This becomes amplified if are using our "hot areas" – the sauna, steam room, and hot tub. Check with your physician, or even our new dietician, Sue Campbell on what might be the best course of energy and hydration for you. General guidelines for fluid intake are, drink 2 to 3 cups about 2 hours before exercise; drink 1 cup 5 - 10 minutes before exercise, and drink 1 cup every 15 - 20 minutes during exercise, especially in warm weather.

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# July **POOL** **UPDATES!**

We will be temporarily closing the lap and therapy pool area, beginning Monday evening, July 1st at 7:00 p.m., and plan to reopen the pool area on Saturday, July 6th at 7:00 a.m. This will be for our annual deep clean and maintenance work. The facility is closed July 4th.



# OTHER *important* NEWS

## 9<sup>TH</sup> ANNUAL

### Registration Opens:

Now through June 13th

Fee: \$25 – includes program t-shirt and chance to win \$100, \$75 or \$50.

### InBody/Blood Pressure Assessments:

June 1st - 13th

### Challenge Dates:

Tuesday, June 11th - Thursday, August 8th

- A wellness competition between the communities of Avon and Avon Lake. Open to residents or those who work in those communities.
- This fun friendly competition is open to members and guests (15 and older please).
- Points are earned for visits (on a Tuesday OR a Thursday) as well as for attending special events/classes as communicated at the start of the program.



## PARTNERSHIP PROGRAM

### Gathering Place Foundations of Aquatic Exercise

We're currently on a hold for the Cancer Exercise Program, but look forward to returning the program late summer/fall. We have opportunity for members and guests looking for individualized exercise prescription and guidance with our Provider Referred Exercise Program (Called PREP). For more information contact [Tyler.Neely@UHHospitals.org](mailto:Tyler.Neely@UHHospitals.org)

## TEAM UPDATE:

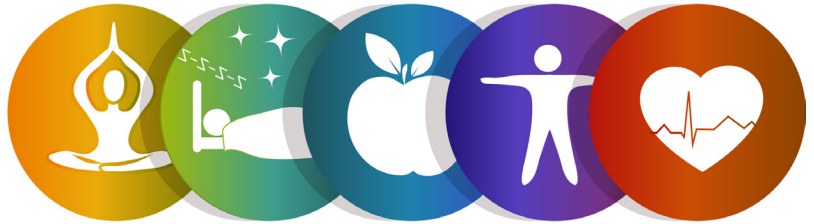
Sue Campbell is a registered dietitian new to UH with many years of experience working with adults to improve their health with good nutrition. Prior to working at University Hospitals, she recently worked in general nutrition counseling and oncology at the Cleveland Clinic.

Sue enjoys working with individual needing help with weight management and is working on a specialty certification in diabetes. Sue is excited about working out at the beautiful UH wellness center and taking advantage of some of the many fitness programs offered. She especially loves yoga! Her other activities outside of work include healthy cooking, hiking and chasing after her 2 dogs which have replaced her now grown up 2 children.

To schedule....contact Sue at 440-284-5709; [Susan.Campbell@uhhospitals.org](mailto:Susan.Campbell@uhhospitals.org) Allow up to 48 hours for a response. Sue is available by appointment on Tuesdays and Thursdays at Avon.

# OTHER *important* NEWS

## Wellness PRESENTATIONS



Offered in our first floor conference room to members and guests. Pre-registration is needed to ensure we have enough handouts, please call 440-988-6801 or email [Renee.Barrett@UHHospitals.org](mailto:Renee.Barrett@UHHospitals.org) to register.

### **Functional Movement for All - A Presentation**

**Friday, June 7th • 11:00 a.m. - 11:45 a.m.**

Connect with Fitness Specialist and ACSM Exercise Physiologist Tyler Neely as he walks through various methods to help increase your functional range of motion. Learn how to use proper form on exercises working each of the seven major muscle groups as well as new movements that can help increase your range of motion without increasing the risk for musculoskeletal injury. Please Pre-Register.

### **Silver Stretch – An Active Presentation**

**Tuesday, June 25 • 12:00 p.m. - 12:30 p.m.**

Grab a coffee or tea and join Certified Fitness Instructor and Personal Trainer Rae Lynn Esser-Moore for this presentation where you will practice seated and standing stretches to help you stand a little taller and move better. Rae Lynn will review the benefits, types of stretching and provide a gentle regimen that you can do at home or on travel. Please Pre-Register 440-988-6801

### **Exercise Prescription and Lifestyle Modifications for Weight Loss**

**Thursday, July 18th • 11:30 a.m. - 12:15 p.m.**

Join Fitness Specialist and ACSM Certified Exercise Physiologist Chloe Neely, M.S., and Registered Susan Campbell RD, LD. to discuss weight loss. This presentation will provide information on proper exercise and lifestyle modifications to follow if you are pursuing weight loss. We will also be discussing Obesity as a chronic disease and global epidemic, and diving into the research on Anti-Obesity medications that have taken the world by storm [i.e., Ozempic, Semaglutide, Wegovy, etc].



### **Flexibility and Range of Motion Movements with Ashlee**

**Thursday, August 8th • 12:00 p.m. - 12:45 p.m.**

Join Fitness Specialist and Personal Trainer Ashlee for this interactive presentation which will address posture, flexibility and range of motion for the major joints and address ways to move better in everyday activities.

# Member Engagement **ACTIVITIES**

## PICKLEBALL



It is definitely pickle ball season! Start playing outdoors as of June 1st. Indoor courts are still available as well. Ask at the front desk if nets are needed.

If you are looking for people to play Pickleball with you, we use the TEAMREACH app to contact other Pickleball players. Our Group Name is UHFC Avon Pickleball. **Code: non-volleyline**

### **Open Play**

**Tuesdays • 5:00 p.m.**

**Thursdays • 1:30 p.m. and 6:00 p.m.**

**Fridays • 9:00 a.m.**

**Saturdays • 9:00 a.m. (NEW TIME!)**

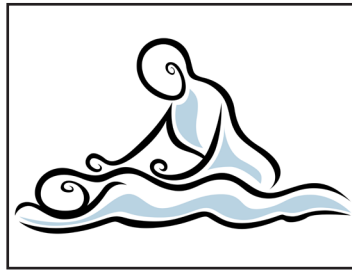
### **Beginner Pickleball: How to Event**

**Wednesday, June 19th • 2:00 p.m. - 3:00 p.m.**

**Thursday, June 20th • 5:30 p.m. – 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.

# Day Spa **UPDATES:**



In an effort to manage our continually rising supply costs, and ensure competitive wages for our team, we will be nominally increasing Day Spa service prices effective Sunday, June 2nd. New pricing is available on our website at [Uhhospitals.org/Spa](http://Uhhospitals.org/Spa).

## June Pampering Special

**BUY 2** Eye shadows  
or lipsticks  
**GET 1 FREE** Lip or eye  
pencil



It is a great time to check out the new Jane Iredale ColorLuxe Eye Shadow Stick. They are a versatile cream-to-powder eye shadow stick that shades, highlights and defines eyes with ease for limitless looks and come in 10 colors.

We are excited to launch **2 NEW SERVICES** to enhance your skincare regime.

In June, we will be offering facials and chemical peels from Linder Health.

The Linder products are developed peel treatment for all skin types with different concerns, acne, fine lines, wrinkles, hyperpigmentation and to improve the appearance of the skin.

Nanoneedling is also available. Nanoneedling is a non-invasive treatment designed to help those with uneven texture, pigmentation, scarring, dehydrated skin, and loss of elasticity. Nano needling infuses skin with Hyaluronic Acid to plump skin and to stimulate collagen production which is lead to glowing, hydrated skin.

# Small Group

## PERSONAL TRAINING PROGRAMMING



Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.

### Summer Shapeup

#### Session 2: July 8th - August 17th

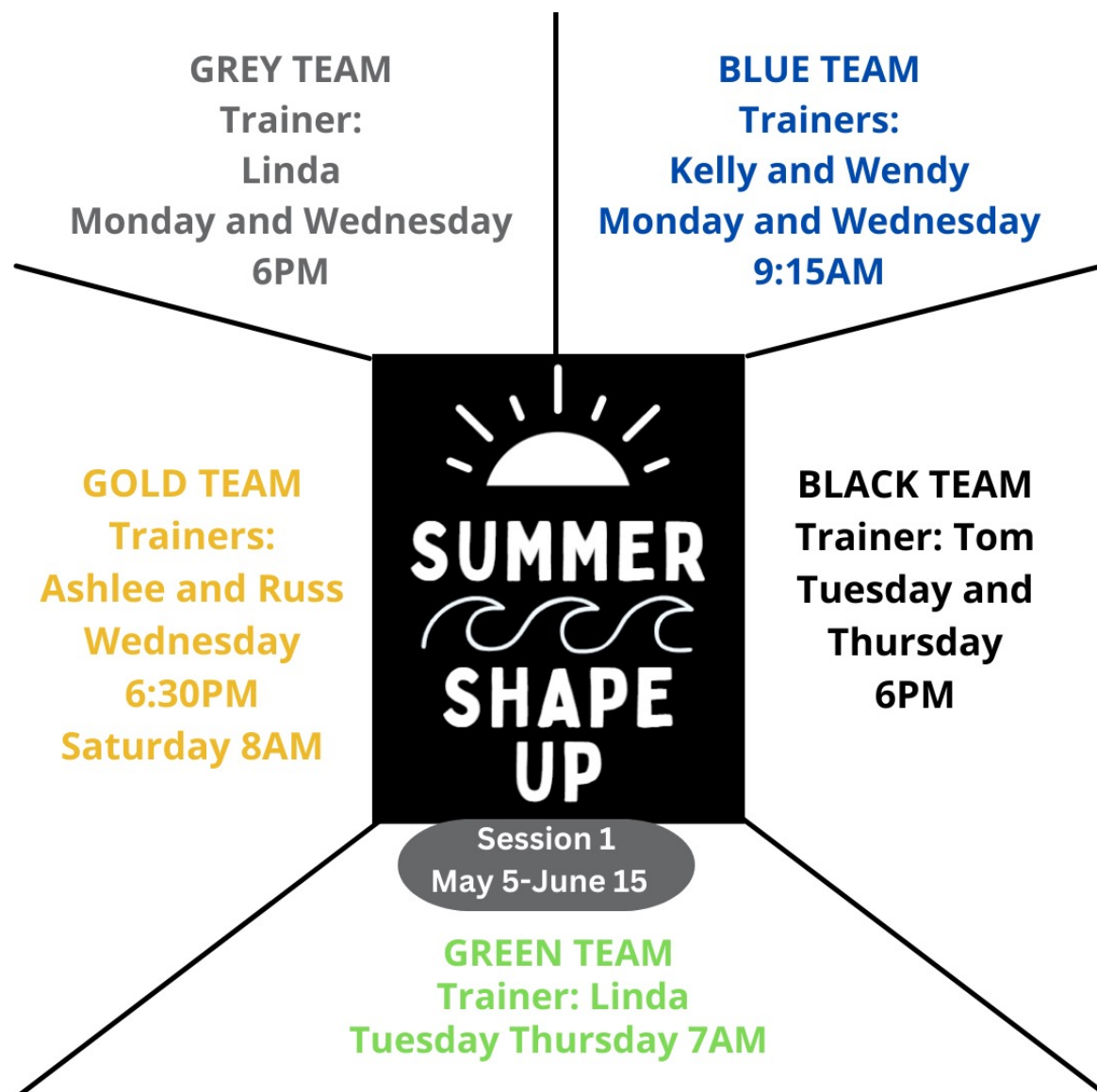
Ready to reenergize your fitness routine for the summer and start seeing the payoff of your effort in improved body composition? Maybe you need help in getting and keeping focused to achieve your goals and long lasting results. Join our Summer Shape Up Program! 6 weeks of Small Group Personal Training 2x/wk



Professional & Peer Support

#### Prices:

\$300 per session for members. \$400 per session for non-members if registering by July 3.



# Small Group

## PERSONAL TRAINING PROGRAMMING



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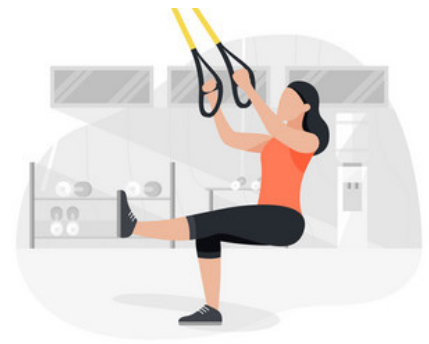
### **TRX (Total Resistance eXercise)**

**Saturdays, June 29th - August 3rd • 8:00 a.m. - 9:00 a.m.**

**\$72 for members and \$100 for guests**

Held outdoors on the tennis courts. The gymnasium is used as a back up in the event of inclement weather.

Due to popular demand, Jennifer Varhola is delivering a small group training program on TRX. This suspension training program uses the entire body to create a strong stable foundation. Cardio drills will also be included. Challenge your entire body, while finding ways to modify or progress.



### **Personal Training with Ashlee**

**Wednesdays, June 19th - July 24th • 5:30 p.m. - 6:30 p.m.**

Looking to make improvements in strength and stamina? 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. **Price: \$108 for members and \$132 for guests**

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.

# Group Exercise SCHEDULE

Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.



## Fitness



## Studio and Group Cycling Group Exercise Schedule July - August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am GroupCycling 45 Julie K		5:45 am GroupCycling 45 Jackie		5:45 am GroupCycling 45 Jackie/Julie K		
	7:00 am Tabata 45 Faranz/Wendy	7:00 am Bootcamp 45 Faranz/Wendy		7:00 am Bootcamp 45 Faranz		
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	8:00 am BodyStep Priscilla/Rachel S	8:45 am BodyPump Laura
9:00 am Fit at Any Age Cyndi (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/Rachel S	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Pilates Lana (St 2)	9:15 am Pound Stacie	9:15 am Pilates Lana (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 Rachel S		9:30 am Intensity Cycling Julie A	9:15 am BodyStep Rachel S	9:30 am Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Bejan (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 Lana	11:00 am Chair Yoga Crissy NEW!!!!		
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	11:30 AM TaiChi Leslie(St2)		Wall Pilates	(Sherry) 4:30p.m. Tues Jun 11
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy (St2)	12:30 pm Strength Cardio Fusion Sherry (St2)	12:30 pm Zumba Gold Stacie	12:30 pm Core Strength & Stretch Sherry		
		1:00 pm Stretch Class 30 Beth			Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22
NEW! 4:30 pm Yoga/Pilates Lana (St2)		4:30 pm Pilates 45 Heather (St2)				
5:30 pm BodyPump Rachel S	5:30 pm Butts&Guts 30 Jackie (St 2)	5:30 pm BodyPump Priscilla	5:15 pm 30 min Core Staff Rotation (St2)	5:30 pm BodyPump Laura		
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling 45 Julie K/Claire	6:00 pm Bootcamp Tressa/Susan		Dog Walk	(Ashlee) 5:30p.m. July 19
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)	6:30pm Body Balance Rachel/Pris	6:00 pm Les Mills Sprint Priscilla/Rachel S		Iron Yoga	(Renee) 8 am Fri July 12, Aug 2
					Aqua Pilates	(Gloria) 10 a.m. Mon Jul 8, Aug 12
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801. Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Beginner Yoga	(Sherry) 11 am Sat Jul 13
<b>Group Exercise Fitness Guidelines:</b> Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use.					Outdoor Yoga	

Class Key: Les Mills Class  
Group Cycling



# Group Exercise **SCHEDULE**

Thank you for continuing to use our online services for studio classes. Instructions available at front desk or our website. Classes in the warm water pool require telephone reservations. You may call 440-988-6801 starting at 8:00 a.m. the day before.



## Fitness



## Aqua Group Exercise Schedule Spring 2024 April - June

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) Lana	Specialty Classes	
			12:00 pm H2O Cardio Shallow Rae			
1:30 pm Aquasize Linda					GroupCycling BootCamp (Farnaz) 8 a.m. Sat Apr 6, May 4, June 1	
					Better Balance (Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Wall Pilates (Sherry) 4:30p.m. Tues Jun 11	
					Dog Walk (Ashlee) 5:30p.m. May 17, June 14	
Pre-registration required for specialty classes. Register at front desk, call <b>440-988-6801</b> or use <b>online sign up</b> . Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.						
						Iron Yoga (Renee) 8 am Fri Apr 5, May 3, Jun 7
Due to capacity limits in Warm Water classes, participants must reserve a spot by calling <b>440-988-6801</b> 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) 10 a.m. Mon Apr 15, May 6, Jun 10
<b>If you do not feel well the day of class: DO NOT COME TO THE FACILITY.</b>			<b>REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!</b>		Beginner Yoga (Sherry) 11 am Sat Apr 13, May 4, Jun 8	
Please follow us on Facebook/Instagram and download our <b>UHAvonFitness app</b> for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Outdoor Yoga (Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
						Outdoor Yoga (Crissy) 9a.m. Sat Jun 22



# 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.

## **Schedule updates:**

Check out our group exercise schedule posted on our website and in the online services and app. Here are a few highlights of the enhancements.



### **Dog Walk**

**Fridays June 14th and July 19th at 5:30 p.m.**

Join Ashlee for this fun and free outside event! You and your dog will get great exercise while making new friends. No dog, no problem. We walk the adjacent neighborhood Clifton Way/Lake Pointe Dr. loop.



### **Cycling and Bootcamp with Farnaz**

**Saturday, June 1st • 8:00 a.m. - 9:00 a.m**

Build power, strength and endurance with this invigorating Spinning and Boot Camp combo class. This class includes 20 - 25 minutes of warm up and indoor cycling is followed by 20 - 25 minutes of strength training, cool down, and stretching.



### **Aqua Pilates with Gloria**

**Mondays, June 10th and July 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.



### **Better Balance with Sherry**

**Saturday, June 22nd • 11:00 a.m. - 11:55 a.m.**

This class is for persons of any age and ability and focuses on improving 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.

### **Night Body Balance**

**Wednesdays, June 5th, 12th and 26th at 6:30 p.m. (not on June 19th)**

**(Rachel/Priscilla Rotation)**

BODYBALANCE is a yoga-based class that also includes exercises from Pilates and Tai Chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.



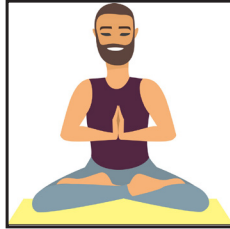
### **BootCamp 45**

**Monday, June 10th • 7:00 a.m. - 7:45 a.m. (Tressa)**

**Monday, June 20th • 7:00 a.m. - 7:45 a.m. (Wendy)**

This fusion style boot camp class will be a full body workout that incorporates weight training, core conditioning, and cardio. Modifications will always be shown so all fitness levels are welcome.

# The **YOGA** block



## **Beginner Yoga with Sherry**

**Saturday, June 8th • 11:00 a.m. - 11:55 a.m.**

This beginner yoga class focuses on instructing basic poses to aid in strength and flexibility, and also focuses on the breathing fundamentals to overall relaxation.

## **Iron Yoga with Renee**

**Select Fridays, June 7th and July 12th • 8:00 a.m. - 8:45 a.m.**

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.

## **Outdoor Yoga**

**June 17th at 6:00 p.m. - Yoga Flow with Renee**

**June 19th at 10:30 a.m. - Yoga Flow with Renee**

**June 22nd at 9:00 a.m. - Yoga Flow with Crissy (Collaborative Class with SEWA International Cleveland for International Yoga Day)**

## **Adapted (Chair) Yoga with Reiki and Sound Bath Meditation**

**Led by Crissy and Lana, E-RYT and Reiki Masters**

**Wednesday, June 5th at 2:30 p.m., Studio 2**

Together they will provide a space for you to disconnect from the chaos of the outside world and immerse yourself in the profound mind-body connection through the fusion of movement, music and crystal bowls, bells and other healing musical instruments, allow yourself to recharge by releasing and clearing any stuck energy to reduce stress, anxiety and promote a sense of calm and better sleep.

**COST: \$20 for members and \$30 for guests**

## **Slow Mat Yoga Class with Reiki and Sound Bath Meditation**

**Led by Crissy and Lana, E-RYT and Reiki Masters**

**Wednesday, June 19th • 6:30 p.m. - 7:30 p.m., Studio 2**

Together they will provide a space for you to disconnect from the chaos of the outside world and immerse yourself in the profound mind-body connection. Through the fusion of a slow mat yoga practice, music and crystal bowls, bells and other healing musical instruments, allow yourself to recharge by releasing and clearing any stuck energy to reduce stress, anxiety and promote a sense of calm and better sleep.

**COST: \$20 for members and \$30 for guests**

# Member Spotlight

**Donald W. Way**



**How long have you been a member?**

25 years - since the facility opened!

**Do you remember why you joined originally?**

To play racquet ball.

**What classes, exercises or activities do you enjoy?**

I like to use the sauna and workout.

**What motivates you to keep coming to the fitness center?**

Trying to stay in shape at 84 years old.

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

Do what you can to maintain good health and keep your body in working condition.

**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)

**Mike Kavak 440-988-6827** (Building/Facility)

For timely updates be sure to follow us on:

