



Fitness Studio Classes

Monday

Barre	Tiara	7:30AM
Pilates Plus	Linda	8:30AM
H.I.I.T. Circuit	Meg	9:30AM

Tuesday

Spin Express	Meg	8:30AM
Full Body Strength	Meg	9:00AM
Yin Yoga	Stephanie	10:00AM
HI/LOW	Linda	11:15AM

Wednesday

Pilates Mat	Linda	9:00AM
Stretch & Mobility	Kathrine	10:00AM

Thursday

Barre	Tiara	7:30AM
Spin Express	Meg	8:30AM
Full Body Strength	Meg	9:00AM
Basic & Beyond Yoga	Kathrine	10:00AM

Friday

Power Stations I	Meg	8:00AM
Power Stations II	Meg	9:00AM

Saturday

Pilates Reformer	Kathrine	8:00AM
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Specialty Classes

Shamrock Sweat & Spin | March 17 | 8:30 AM

Wear green to receive a complimentary protein shake.

Bloom & Burn | April 19 | 4:00 PM

Outdoor yoga flow blended with light weights.

Massage & Mimosas | May 5 | 2:00 PM

Arthritis & Osteoporosis Workshop | May 5 | 11:30 AM

Express classes | \$12 per attendee

General Classes | \$15 per attendee

Yoga, Pilates & Tai Chi | \$18 per attendee

Walk-In | \$3 upcharge per attendee

Virtual Class | \$10 per attendee

**Master & Specialty Class | Prices vary*

**Classes subject to change.*

Late cancellation and no shows subject to \$10 cancellation fee including class pass holders.

Pre-registration required for all classes on app or at kwilliams@avilagolf.com.

Spring 2026

Classes

Full Body Strength | 45 minutes

Gain muscle, lose fat and strengthen your core.

H.I.I.T. Circuit | 45 minutes

Brief bursts of high intensity exercise with periods of rest.

HI/LOW | 45 minutes

Boost cardiovascular endurance while minimizing joint stress.

Power Stations | 60 minutes

Stations with various equipment combining strength training, cardio, and functional movement.

Spin Express | 25 minutes

Burn calories in this high intensity cycling workout.

Stretch & Mobility | 45 minutes

Combines mobility training with functional patterns.

Pilates & Yoga

Barre | 45 minutes

Mindful strength training with Pilates inspired flow, cardio bursts, and balance work.

Basic & Beyond Yoga | 60 minutes

Learn the basics with standing and seated poses combined with the breathwork.

Pilates Mat | 45 minutes

Use body weight as resistance on the mat.

Pilates Plus | 45 minutes

Improve posture, increase core strength and flexibility.

Yin Yoga | 60 minutes

Target deep connective tissues to increase circulation and improve flexibility.