

City of Akron Balch Street Fitness Center

220 S. Balch St.
Akron, OH 44302
330-375-2446



*Donald L. Plusquellic
Mayor*

Hours of Operation:

Monday – Friday: 5:30 a.m. – 8:30 p.m.
Saturday: 8:00 a.m. – 3:30 p.m.

We Offer:

- Swimming Pool
- Hot Tub
- Steam Room
- Sauna
- Weight Room
- Carido Room
- Gym
- Racquet Ball Courts
- Aerobic Room
- Game Room
- Birthday Parties
 - \$150.00 for 3 hours. Includes 1 hr of basketball, 1 hr of swimming and party room.
- Room Rentals: Call for information
- Swim Lessons:
 - Instructors: Kathy & Denise
 - Private Lessons: \$50.00
 - One on one with instructor. 5 sessions (30 min. each)
 - Private Group Lessons: \$25.00 each student per session
 - Three or more students with instructor. 5 weeks (45 min. each week.)

The Home of:

- ***Blue Steel Boxing Academy:***
 - *For more information contact Juan Jones at 330-604-1500 or Omar Dawood at 330-983-7754*
- ***New World Performance Lab (Theater Company):***
 - *For more information contact Jim Slowiak at 330-926-7802 or nwplab@gmail.com*
- ***Christian Women Affiliates:***

- “Inner-City Hope” Youth Crisis Mission. For more information contact 330-459-3977 or cwa.mission@yahoo.com
- **West Hill Neighborhood Organization:**
 - For more information call 330-375-2844 or check out the website at www.whno.org
- **Youth Basketball Open Gym (15 yrs & under):**
 - M-F: 2:30 – 5:00 p.m.
 - SAT: 8:00 – 11:00 a.m.
- **Adult Basketball Open Gym (16 yrs & older):**
 - M&W: 7:30 – 8:30 p.m.
 - T&TH: 5:00 – 8:30 p.m.
 - SAT: 8:00 a.m. – 12:00 p.m.

***Basketball court will be closed Wednesday & Saturday 12:00 p.m. – 3:00 p.m. for Northeast Ohio Semi Pro Football Club.*

Classes:

- **Boot Camp:**
 - Instructor: Pat – GYM
 - M-W-F-S: 11:15 a.m. – 12:15 p.m.

Are you ready to take you workout to the next level by trimming down and shaping up? Come join us for a sure fire workout designed to burn lots of calories and reduce your body fat. This class also offers strength training to build a toned body and core conditioning to develop a leaner midsection. You will feel and see the results in no time. Just stay on track with a healthy eating plan and you’ll be the envy of everyone you know!

- **Aqua Boot Camp:**
 - Instructor: Pat – POOL
 - M-W-F-S: 12:30 – 1:30 p.m.

Have you always wanted to try a boot camp class but knew your knees or back couldn’t take the pounding pressure? Why not take an aqua boot camp class? This class allows you to jump, hop, skip and run without the undue stress on your joints. This is one fun class that will get you going and trim you down in no time!

- **Step Aerobics:**
 - Instructor: Danielle – AEROBIC ROOM
 - T-TH: 6:30 – 7:30 p.m.
 - Moderate to high impact

In this high energy Step Aerobics class we will combine the step routine with abs and weight lifting. Basic Step Aerobics will be used to tone and strengthen the lower body while we also build stamina by adding fun intensity moves in each segment. Weights will be used to sculpt the upper body while mat work will focus on the abs, strengthen the core and flatten the belly. We will finish with a cool-down to relax the mind and add flexibility to the body.

- **Cardio Combo:**
 - Instructor: Keisha – AEROBIC ROOM
 - T-TH: 5:30 – 6:15 p.m.
 - High to moderate impact

Start the class off with a Latin dance style warm-up to get the heart pumping. Following into a cardio, weight lifting, calisthenics, plyometrics, isometrics kickboxing and step style workout. This high energy routine will be a full body workout guaranteed to burn fat and calories while toning and shaping you body to a new level of fitness.

- **Zumba:**
 - Instructor: Rose Marie – AEROBIC ROOM
 - M: 12:15 – 1:00 p.m.
 - High to moderate impact

Come join us for some fun dancing while you burn some calories!

- **Zumba Gold:**
 - Instructor: Tanya – AEROBIC ROOM
 - M & W: 6:30 – 7:30 p.m.
 - Low to moderate impact

Do you want easy to follow dance movements that will leave you exhilarated? Are you a seasoned adult or someone looking for a slower pace but still exciting? Want to burn some calories at the same time? Come try Zumba Gold and feel the energy! This class is based on Latin dancing that includes salsa, reggaeton, bachata, cumbia, merengue and electric pop. Come to the Party

Memberships:

- **Individual Yearly** - \$200.00 (pay 12 months in advance.)
- **Yearly Family** (2 adults & 2 children) - \$400.00 (+\$24.00 each additional child/year)
- **Senior Yearly** (60 years & older) - \$180.00
- **Yearly City, APS and County** - \$120.00
- **Yearly City, APS and County Family** - \$350.00
- **Individual Monthly** - \$35.00
- **Monthly Family** (2 adults & 2 children) - \$50.00
- **Senior Monthly** (60 years & older)- \$21.00
- **Monthly City, APS and County Employees** (ID Badge required) - \$20.00
- **Monthly City, APS and county Family** (ID Badge required) - \$40.00
- **Monthly Akron University & Kent State students** (ID required) - \$25.00
- **Daily Pass** - \$6.00
- **Daily Adult Gym** - \$3.00
- **Daily Youth Gym** - \$3.00
- **Daily Adult Swim** - \$3.00

- **Daily Senior Swim** 60 years & older) - \$2.00
- **Weight/ Cardiovascular** - \$5.00

***Prices Subject to change without notice.*

***We accept cash, checks, Visa & Mastercard*