

Monday

9:30AM

Low Impact Cardio
Northwest Com Center

11:00AM

Cross Training
Balch St Fitness Center

11:00AM

Low Impact Cardio
Lawton St Com Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

3:30PM

TotalBody Sculpting
Firestone Park Com Ctr

5:00PM

TotalBody Sculpting
Firestone Park Com Ctr

5:00PM

Strongbody
Ellet Community Center

5:30PM

Yoga
Northwest Com Center

6:00PM

Cardio Fusion
Ellet Community Center

6:30PM

Pilates
Firestone Park Com Ctr

Tuesday

9:30AM

Zumba Gold*
Northwest Com Center

12:00PM

Pilates*
Balch St Fitness Center

5:30PM

Yoga*
Firestone Park Com Ctr

6:00PM

Boxing Fusion*
Ellet Community Center

6:30PM

Step Aerobics*
Balch St Fitness Center

6:30PM

Strong Yoga*
Northwest Com Center

7:30PM

Pilates*
Balch St Fitness Center

***No Class on Jan 1**

Wednesday

9:30AM

Low Impact Cardio
With Yoga
Northwest Com Center

10:00AM

Chair Yoga
Kenmore Com Center

11:00AM

Cross Training
Balch St Fitness Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

5:30PM

Burn Cycle
Balch St Fitness Center

6:00PM

Yoga (No class Jan 2)
Ellet Community Center

Thursday

9:00AM

Zumba
Ellet Community Center

10:15AM

Yoga (No class Jan 3)
Ellet Community Center

11:00AM

Yoga (No class Jan 3)
Lawton St Com Center

12:00PM

Pilates
Balch St Fitness Center

5:00PM

Total Body Sculpting
Firestone Park Com Ctr

6:00PM

Zumba
Ellet Community Center

7:15PM

Adult Tap Dancing
Northwest Com Center

6:30PM

Step Aerobics
Balch St Fitness Center

7:30PM

Pilates
Balch St Fitness Center

Friday

9:30AM

Zumba Gold
Northwest Com Center

11:00AM

Cross Training
Balch St Fitness Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

Saturday

10:00AM

Cross Training
Balch St Fitness Center

11:00AM

Stretch
Balch St Fitness Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

**January
2019**

Winter Weather Fitness Class Cancellation Policy

Morning fitness classes at community centers will be canceled when Akron Public Schools are canceled due to bad weather. Classes after noon will proceed unless otherwise stated on the Adult Recreation Facebook page.

Classes at Balch Street Fitness Center will not be canceled in bad weather.

A complete list of Community and Fitness Center locations and phone numbers can be found in the Recreation Matters newsletter.

✓ **Exercise More**

Adult Fitness Class Pass

Attend as many of the fitness classes on the calendar (see reverse) as you want for one low price when you buy an Adult Fitness Class Pass! You can buy one at any of the centers where classes are held or from the Adult Recreation office on Balch Street with a check or money order made payable to *City of Akron*.

Adults Under 65:	\$60 6 Month Pass	\$80 12 Month Pass
Adults 65 & Over:	\$50 6 Month Pass	\$65 12 Month Pass

Impact Levels indicate how much stress the activity involved puts on joints and musculoskeletal tissue. Low impact activities cause less stress, medium impact cause more and high impact the most. Remember low impact can be high intensity and provide a great workout.

Our instructors can help you modify movements in the high and medium impact classes to lower the stress on your body and joints. Just ask!

Adult Fitness Class Passes Include:

Adult Tap Dancing Medium Impact
Dance Fitness Focused On Tap Dance
Bring Or Rent Tap Shoes

Aqua Boot Camp Low Impact
A Full Body Workout In The Water

Boxing Fusion Medium Impact
High Intensity No-Contact Boxing Fusion
With Cardio, Strength & Balance Work

Burn Cycle Low Impact
An Intense Indoor Cycling Workout
Done On Stationary Bikes

Cardio Fusion Medium Impact
A Perfect Blend Of Heart Pumping
Cardio, Fun Dance Moves & Toning
Bring Weights

Chair Yoga Low Impact
Stretching & Meditation For Strength,
Flexibility & Relaxation All In A Chair

Cross Training High Impact
A Variety Of Exercises To Improve
Your Everyday Fitness

Low Impact Cardio Low Impact
A Cardio Workout Perfect For
Beginners & Seniors

Pilates Low Impact
Resistance Work To Strengthen &
Lengthen Muscles & Improve Balance,
Flexibility & Posture - Bring A Yoga Mat

Step Aerobics High Impact
A High Energy Combo Of Step, Weights
& Ab Work For Sculpting & Stamina

Stretch Low Impact
Total Body Stretch For Everyone

Strongbody Low Impact
An All Inclusive Class With An Energizing
Warm Up, Toning, Pilates & Cool Down
For You To Feel Strong & Lean

Strong Yoga Low Impact
Fast Paced Challenging Yoga Flow
For Flexibility & Strength
Bring A Yoga Mat, Towel & Water

Total Body Sculpt Medium Impact
Total Body Conditioning With Tabata,
Circuit & Interval Training & More
For Lean Muscle & Endurance
Bring Water & A Towel

Yoga Low Impact
Restorative Stretching & Breathing
Exercises - Bring A Yoga Mat

Zumba High Impact
Exciting & Up-Beat Dance-Fitness
Our Evening Class Adds Toning
Bring Weights

Zumba Gold Low Impact
A Slower, Lower Impact Version Of
Zumba's Up-Beat Dance-Fitness

If we have or are expecting bad weather, check school closings and [facebook.com/CityOfAkronAdultRecreation](https://www.facebook.com/CityOfAkronAdultRecreation) before going to class.