



City of Akron Adult Recreation Fitness Classes

Monday

9:30AM

Low Impact Cardio
Northwest Com Center

11:00AM

Cross Training
Balch St Fitness Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

5:00PM

Strongbody
Ellet Community Center

5:30PM

Yoga
Hardesty Park

6:00PM

Cardio Fusion
Ellet Community Center

6:30PM

Pilates
Firestone Park Com Ctr

7:30PM

Scottish Country Dance
Northwest Com Center

Tuesday

9:30AM

Zumba Gold
Northwest Com Center

12:15PM

Pilates
Balch St Fitness Center

5:30PM

Yoga
Firestone Park Com Ctr

6:00PM

Body Toning
Ellet Community Center

6:30PM

Step Aerobics
Balch St Fitness Center

7:30PM

Pilates
Balch St Fitness Center

Wednesday

9:30AM

Low Impact Cardio
With Yoga
Northwest Com Center

11:00AM

Cross Training
Balch St Fitness Center

12:00PM

Aqua Boot Camp
Balch St Fitness Center

6:00PM

Yoga
Ellet Community Center

6:00PM

Yoga
Kenmore Com Center

Thursday

9:00AM

Zumba
Ellet Community Center

10:00AM

Yoga
Ellet Community Center

12:15PM

Pilates
Balch St Fitness Center

5:30PM

Low Impact Cardio
Firestone Park Com Ctr

6:00PM

Barre
Ellet Community Center

6:30PM

Step Aerobics
Balch St Fitness Center

7:15PM

Adult Tap Dancing
Northwest Com Center

7:30PM

Pilates
Balch St Fitness Center

Friday

10:30AM

Chair Yoga
Kenmore 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

SEPTEMBER 2019

City of Akron Adult Fitness Class Pass

Take as many classes as you want for one low price with an Adult Fitness Class Pass!
Buy one at any of the centers where classes are held or from the Adult Rec office.

Adults Under 65 Pay:
\$80 For 12 Months
\$60 For 6 Months
\$15 For 1 Month

Adults 65 & Over Pay:
\$65 For 12 Months
\$50 For 6 Months
\$10 For 1 Month

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

Barre Medium Impact
A Fun Total Body Workout Made Up
Of Ballet, Dance, Yoga Poses, Strength
Exercises & Cardio Training

Body Toning Low Impact
High Intensity Total Body Workout
Incorporating Athletic Moves, 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
Meditation & Stretching 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 Perfect Workout For Beginners & Seniors

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

Scottish Country Dancing Med Impact
A High Energy Dance Cardio Class & The
Forerunner Of American Square Dancing

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

SWAT Medium Impact
Stress-Free Wellness, Aerobics & Toning
A Mix Of Dance, Toning & Walking
Bring Weights & A Mat

Yoga Low Impact
Restorative Breathing & Stretching Poses
For Balance, Flexibility & Strength
Bring A Yoga Mat

Zumba Medium Impact
Exciting & Up-Beat Dance-Fitness

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

Impact Levels indicate how much stress an activity puts on joints and musculoskeletal tissue. Low impact activities cause the least stress and highest the most. Remember, low impact can still be high intensity to really get your heart pumping.



Meet Our Instructors

The City of Akron's Fitness Classes are taught by certified instructors, each with unique Experiences and perspectives to share.

Meet Jill Butera. Jill joined the Akron Recreation team this summer.

She teaches Yoga at Firestone Park Community Center on Tuesdays at 5:30 and at Kenmore Community Center at 6:00, and she teaches Low Impact Cardio at Firestone Park Community Center on Thursdays at 5:30.

Jill has been a certified Silver Sneakers exercise instructor for 9 years, teaching yoga, stretch and Classic Range of Motion. She's also certified in Yoga Strong through NETA. She has an associates degree in Applied Science in Paralegal and works for the FOP, Ohio Labor Council and the YMCA. She's a lifetime member of WW and really strives to keep a healthy lifestyle. Her goal is to eat right, keep hydrated and be physically active everyday. Her family and faith are very important to Jill, and she loves spending time with her two daughters. She's not a picky eater and enjoys all different cuisines. Her weakness - sweets!!

A fitness class schedule can be found on the reverse, and a complete list of Community and Fitness Center locations can be found in the Recreation Matters newsletter and online at akronohio.gov/communitycenters.