

## Monday

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**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

**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

## Tuesday

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**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

**6:00PM**  
SWAT  
Reservoir Park Com Ctr

**6:30PM**  
Step Aerobics  
Balch St Fitness Center

**6:30PM**  
Yoga  
Northwest Com Center

**7:30PM**  
Pilates  
Balch St Fitness Center

## Wednesday

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**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

**6:00PM**  
Burn Cycle  
Balch St Fitness Center

**6:00PM**  
Yoga  
Ellet Community Center

**6:00PM**  
Yoga  
Kenmore Com Center

## Thursday

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**9:00AM**  
Zumba  
Ellet Community Center

**10:00AM**  
Yoga  
Ellet Community Center

**11:00AM**  
Yoga  
Lawton St Com Center

**12:15PM**  
Pilates  
Balch St Fitness Center

**6:00PM**  
SWAT  
Reservoir Park Com Ctr

**6:00PM**  
Zumba\*  
Ellet Community Center  
\*No class June 13\*

**7:15PM**  
Adult Tap Dancing  
Northwest Com Center

**6:30PM**  
Step Aerobics  
Balch St Fitness Center

**7:30PM**  
Pilates  
Balch St Fitness Center

## Friday

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**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

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**10:00AM**  
Cross Training  
Balch St Fitness Center

**11:00AM**  
Stretch  
Balch St Fitness Center

**12:00PM**  
Aqua Boot Camp  
Balch St Fitness Center



DANIEL HARRIGAN, MAYOR

## City of Akron Adult Recreation Fitness Class Calendar.

A complete list of Community and Fitness Center locations can be found in the Recreation Matters newsletter and online at [akronohio.gov/communitycenters](http://akronohio.gov/communitycenters).

# JUNE 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

**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 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

**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

## Meet Our Instructors

The City of Akron's Adult Fitness  
Classes are taught by a wide variety  
of Certified instructors  
each with unique  
experiences and  
perspectives to  
share.



Meet Luella (Lue) Wertz.

Lue teaches Yoga at Hardesty Park/  
Northwest Community Center on  
Mondays at 5:30, Firestone Park  
Community Center on Tuesdays at  
5:30, Ellet Community Center on  
Wednesdays at 6:00 and at Lawton  
Street Community Center on  
Thursdays at 11:00.

Lue has practiced yoga for six years  
and has been teaching gentle,  
beginners yoga and chair yoga for the  
City of Akron for over 18 months. Her  
classes are designed for everyone to  
enjoy, regardless of experience! She  
completed 300 hours of yoga teacher  
training at Core Essentials and Yoga  
Place/Yoga Central in Canton, Ohio.

She's also a licensed Massage  
Therapist and Reiki Master. Stop by  
one of Lue's classes to give it a try,  
and be sure to say hi.

Impact levels indicate how much stress  
an activity puts on musculoskeletal  
tissue and joints. Our instructors can  
provide modifications to lower the stress  
on your body in any of our classes.  
Remember, low impact can still be high  
intensity to get your heart pumping.