



Winter Session II: Fitness Class Schedule for Mar. 2-April 25, 2020

Monday

9:15 AM
Mind, Body & Balance
Firestone Park Com Ctr

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

5:15PM
Move & Groove
Reservoir Park Com Ctr

5:30PM
Yoga
Northwest Com Center

6:00PM
FitMix
Ellet Community Center

6:30PM
Pilates
Firestone Park Com Ctr

Tuesday

9:30AM
Zumba Gold
Northwest Com Center

10:30AM
Mind, Body & Balance
Kenmore Com Center

12:15PM
Pilates
Balch St Fitness Center

5:30PM
Yoga & Stretch
Firestone Park Com Ctr

5:30PM
Pilates
Reservoir 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
Intro to Barre Class*
Northwest Com Center
*(Barre socks highly recommended
for class or go barefoot.)*

11:00AM
Cross Training
Balch St Fitness Center

12:00PM
Aqua Boot Camp
Balch St Fitness Center

6:00PM
Yoga
Kenmore Com Center

6:00PM
Yoga
Ellet Community Center

6:30PM
Mind, Body & Balance
Balch St Fitness Center

Thursday

9:00AM
FitMix
Ellet Community Center

10:00AM
Stretch
Ellet Community Center

11:00AM
Mind, Body & Balance
Lawton St Com Center

12:15PM
Pilates
Balch St Fitness Center

5:30PM
ROM with Low Cardio
Firestone Park Com Ctr

6:00PM
Tighten & Tone
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

9:30AM
Low Impact Cardio
Northwest Com Center

10:30AM
Chair Yoga
Kenmore Com Center

11:00AM
Cross Training
Balch St Fitness Center

12:00PM
Aqua Boot Camp
Balch St Fitness Center

6:00PM
Yoga
Reservoir Park Com Ctr

Saturday

9:00AM **NEW**
Body Toning
Ellet Community Center

12:00PM
Aqua Boot Camp
Balch St Fitness Center

Check facebook.com/CityofAkronRecreationandParks every day for last minute cancellations or changes to class schedule



DANIEL HARRIGAN, MAYOR

City of Akron Fitness Class Pass

Take as many classes as you want for one low price with a Fitness Class Pass! Buy one at any of the centers where classes are held or from the Recreation Administration.

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

Mind, Body & Balance Low Impact
Increase energy by balancing body & mind
through basic, repetitive movements

Body Toning Low Impact
High Intensity Total Body Workout
Incorporating Athletic Moves, Cardio,
Strength & Balance Work

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

Core Effect Low Impact
Pilates type workout. Core body work, balance,
strength, posture. All mat work on the floor

Intro to Barre a slower pace. Build
strength, balance & flexibility. Dance & ballet
inspired movements paired with strength
training, exercises using light weights & yoga
stretches

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

Move & Groove Low Impact
Combination of cardio, toning & floor work.
High energy!! Bring a mat

**Range of Motion (ROM) w/Low
Cardio** Low Impact
Hand weights with low impact cardio.
Bring a 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

Tighten & Tone Low Impact
Tone muscles & build strength through a
combination of exercises

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

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.

FITNESS CLASS LOCATIONS:

Balch Street Fitness Center
220 S. Balch Street, 330-375-2446

Ellet Community Center
2449 Wedgewood Drive, 330-375-2809

Firestone Park Community Center
1480 Girard Street, 330-375-2806

Kenmore Community Center
880 Kenmore Boulevard, 330-375-2812

Lawton Street Community Center
1225 Lawton Street, 330-375-2825

Northwest Community Center
1730 Shatto Avenue, 330-375-2849

Reservoir Community Center
1735 Hillside Terrace, 330-375-2802

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 12:00pm will proceed unless
otherwise stated on the
Recreation Facebook page.

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

Please check before going to class:

[facebook.com/](https://www.facebook.com/CityofAkronRecreationandParks)

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