

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

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

12:15PM
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
Starts April 16

6:30PM
Step Aerobics
Balch St Fitness Center

6:30PM
Yoga
Northwest Com Center

7:30PM
Pilates
Balch St Fitness Center

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

6:00PM
Burn Cycle
Balch St Fitness Center

6:00PM
Yoga
Ellet Community Center

6:00PM
Yoga*
Kenmore Com Center
Starts April 17

Thursday

9:00AM
Yoga
Ellet Community Center

10:15AM
Zumba
Ellet Community Center

11:00AM
Yoga
Lawton St Com Center

12:15PM
Pilates
Balch St Fitness Center

6:00PM
SWAT*
Reservoir Park Com Ctr
Starts April 18

6:00PM
Zumba
Ellet Community Center
Bring Weights

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



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

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

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 High 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 Anika Kent. Anika teaches yoga at the Northwest Community Center on Tuesdays at 6:30 and, starting April 17, will be teaching at the Kenmore Community Center on Wednesdays at 6:00. She first discovered yoga over 10 years ago, and after many years of a consistent personal yoga practice and of teaching other forms of group fitness, she enrolled in yoga teacher training so that she could share the many benefits of practicing yoga with others.

Anika earned her 200 hour yoga certification in Ashtanga Vinyasa Yoga, a modern form of classic Indian yoga that practices the eight limbs of the Yoga Sutras with a special emphasis on asana (body postures), pranayama (breath work), and on the yamas and niyamas (living ethically). Her teaching style draws from her experience with many kinds of yoga, from slow gentle yoga to power vinyasa yoga. Her classes are accessible to all levels and modifications are always provided. Stop by one of Anika's classes to give it a try, and be sure to say hi.