Kent P&R Fitness Center Class Schedule

1205 W Main St. Kent OH 44240 • (330) 673-8897

Hours of Operation

Mon. - Fri.	9 am - 9 pm
Saturday	9 am - 1 pm
Sunday	CLOSED

Class Schedule Effective: April 3, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am						Zumba Christine C	
10:00 am	Zumba Christina	Tone Every Zone Amy	Zumba Toning Christina	Tone Every Zone Amy	Zumba Christina		
11:30 am	Follow My Lead Josie		Tai Chi John				
2:00 pm			Senior Strength Dan	*Kid Fit Tumbling Tonia		2:30-5:30 "On Target" *Fencing Tom	
4:00 pm					Tai Chi John		
5:00 pm	Follow My Lead Josie	*Generation Pound Geena	4:30 pm Tabata Hiit Dan		Tabata Hiit Dan		Zumba Terri / Amanda
6:00 pm	Yoga Glynis		5:30 pm Zumba Christine C	5:30 pm Dance 360 Terri	Yoga Glynis		
7:00 pm			6:45 pm *Marcum Martial Arts	Circuit Training Dan			

RenewActive by UnitedHealthcare

*Specialty classes are not included with class memberships.
Please see back for details.

SilverSneakers

Kent P&R Fitness Center Monthly Membership Fees

Gym Memberships:	$10.00 / month or $5.00 / month with a fitness class membership
Fitness Class Memberships:	$25.00 / month for 8 classes or $40.00 / month for unlimited classes
Fitness Class or Gym Drop in:	$5 per class and/or gym use

GROUP FITNESS CLASS DESCRIPTIONS

The following classes are included in the Monthly Membership Packages

Circuit Training- Move quickly from exercise to exercise in this fast paced class that will rotate cardio training and muscle conditioning. Get a full body workout to zap away calories and tone & tighten your entire body.

Dance 360- Terri is bringing her own choreography to create a 360* dance workout that you can't get anywhere else, you'll leave with a full body workout.

Follow My Lead- Josie will get you moving to all the sounds of Latin music with a mix of other structured line dances. Come move your feet and follow her lead!

Pound Fit- Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Pound for Seniors- Using lightly weighted drumsticks (Ripstix) designed for exercising, POUND is Designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all abilities.

Silver Strength- People who are 65 and over are invited to increase their cardiovascular and muscular endurance with a standing circuit workout. A chair is offered for support, stretching and relaxation exercises. Drop in price for this class is $2.

Tabata HiiT- A Tabata style interval training, alternating periods of short intense anaerobic training with short, less-intense recovery periods.

Tai Chi- Tai Chi is a low impact form of exercise. It is considered meditation in motion and can be done by all ages

Tone Every Zone- A full body resistance training circuit that also incorporates a mobility training cool down. In class we will work on increasing lean muscle, strength and flexibility. All moves are low impact and are suited to most fitness levels.

Zumba®- These classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography for a total body workout that feels like a party.

Zumba®Toning- A blend of your favorite Zumba songs with alternating toning songs. Dance your way to a slim and toned body!

Yoga- Quiet your mind, body, and soul with smooth flowing postures and breathing exercises that will increase flexibility, muscle definition and mental clarity

SPECIAL CLASS DESCRIPTIONS

Specialty classes are priced as follows

Stroller Strides- A functional, total body workout designed for moms with kids in tow. Each workout includes strength training, cardio and core restoration, all while entertaining little ones! Register at www.CuyahogaFalls.fit4mom.com. Contact Lyndsey: (330) 595-4632 or LyndseyStephan@fit4mom.com with questions.

Generation Pound-
Marcum's Martial Arts-
"On Target" Fencing-
KidFit Tumbling-

Class titles in a red shaded box are specialty classes that run by individual sessions. These are unique programs that can benefit youth and adults! Please visit our website at www.kentparksandrec.com or call (330) 673-8897 for more information regarding each class and session dates.