



Kent P&R Fitness Center Class Schedule

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

Hours of Operation

Mon. Wed. Fri. 9 am - 8 pm
 Tue. & Thur. 9am - 1pm
 4pm-8 pm
 Saturday 9 am - 1 pm
 Sunday CLOSED

Class Schedule Effective: Sept 10, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am							
10:00 am	Zumba Josie	Tone Every Zone Amy	Zumba Josie	Tone Every Zone Amy	Zumba Josie	10:30 Zumba Strong Josie	
11:30 am			Tai Chi John				
2:00 pm			Senior Strength Dan		Senior Strength Dan		
4:00 pm			4:30 pm Tabata Hiit Dan		Tai Chi John		
5:00 pm		5:30 pm Dance 360 Terri		5:30 pm Dance 360 Terri	Tabata Hiit Dan		*Zumba* Amanda
6:00 pm	Yoga Glynis		6:30 pm *Marcum Martial Arts				*2nd & 4th Sunday of the month*
7:15 pm	Latin & Line Dancing Josie						

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

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

Members belonging to Silver Sneakers, Renew Active, Active and Fit or Silver and Fit attend our gym and classes for free! Ask a staff member for details.

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.

Latin & Line Dancing- 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.

Senior 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®Strong- A music-driven, cardio, plyometrics and resistance-style body-weight exercise, meant to motivate class participants to push through a sweat-inducing version of HIIT group exercises.

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.

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.