



KENT P & R FITNESS CENTER
 1205 W. Main St. (Formerly TLC Liquor)
 (330) 673-8897
FITNESS CLASS SCHEDULE February 2014 CALENDAR



DAYS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Zumba Stacey	
9:30 AM	Pilates Meryl		Pilates Meryl				
10:00 AM		Zumba Terri		Zumba Terri		Muscle Conditioning Dan	
11:30 AM	Zumba Meryl		Zumba Meryl		Zumba Allie		
4:00 PM							Boot Camp Terri
5:00 PM		Hip Hop 4 Kidz Allie		Hip Hop 4 Kidz Allie			Zumba Stacey
6:00 PM	Circuit Training Dan	Zumba Terri	Zumba Stacey	Zumba Terri			
7:00 PM	Zumba Stacey	Bootcamp Dan	HiiT Dan	Circuit Training Dan			

MONTHLY MEMBERSHIPS FEES FOR CLASSES

Group Fitness Classes

\$ 40.00 Unlimited / month

\$ 25.00/ month for 8 classes or sign up
for 3 months for \$20.00 8 classes / months

\$ 5.00 drop in class

GROUP FITNESS CLASS DESCRIPTIONS

Bootcamp- An exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

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

HiiT- An enhanced form of interval training, alternating periods of short intense anaerobic training with less-intense recovery periods.

Muscle Conditioning- Tone it up using a variety of our equipment including weights, bands, and body bars to increase your strength and improve your muscle tone in this 1 hour class that focuses specifically on weight training.

Pilates- Developing strength through the core of the body--the back, abdomen and hips while increasing flexibility and coordination.

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