Kent P&R Fitness Center
Class Schedule

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

Hours of Operation
Mon-Fri: 9 a.m. - 1 p.m.
5 p.m. - 9 p.m.
Saturday: 9 a.m. - 1 p.m.
Sunday: CLOSED

Class Schedule Effective: August 24, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am					Stroller Strides @Plum Creek Park	Zumba Christine C	
10:00 am	Zumba Christina		Zumba Toning Christina	Zumba Christina	Zumba Christina		
11:30 am			Tai Chi John				
1:00 pm							
4:00 pm					Tai Chi John		
5:00 pm			Tabata Hiit Dan	Senior Strength Dan			Zumba Terri / Amanda
6:00 pm		5:30 pm Zumba Terri	5:30 pm Zumba Terri	Zumba Christine C			
7:00 pm	Yoga Glynis		*6:45 pm Marcum's Martial Arts	Circuit Training Dan			

*Specialty classes my 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

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.

Core, Strength & Stretch- A mix of boot camp style exercises along with the exercises that develop strength through the core of the body: the back, abdomen and hips, while increasing flexibility and coordination.

DrumFit- A program that incorporates strength training, rhythm, flexibility and cardio as well as brain fitness in a jam packed, fun and energizing workout! Drum sticks and stability ball supplied. The class begins with a quick warm up, then a 45 minute work out. Come try it out!

Kickboxing- A high-energy group fitness class for an intense full-body workout, combining a mix of true-to-the-sport punching and kicking drills with strength conditioning moves

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.

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

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.

DrumFit for Kids-
Hip Hop Hoop-
On Target Fencing-
Marcum's Martial Arts-
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.