



# 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: May 1, 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			Tai Chi John				
2:00 pm			Senior Strength Dan	*Kid Fit Tumbling Tonia		2:30-5:30 "On Target" *Fencing Tom	
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 Terri / Amanda
6:00 pm	Yoga Glynis		6:45 pm *Marcum Martial Arts		Yoga Glynis		
7:00 pm	Follow My Lead Josie			Circuit Training Dan			

\*Specialty classes are not 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.

**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.

**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®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](http://www.CuyahogaFalls.fit4mom.com). Contact Lyndsey: (330) 595-4632 or [LyndseyStephan@fit4mom.com](mailto: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](http://www.kentparksandrec.com) or call (330) 673-8897 for more information regarding each class and session dates.