



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kohl Family YMCA

2018 - Fall I ( Sep 4 - Oct 22 )

## Group Classes

### Masala Bhangra

Masala Bhangra® is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a Life long way of being through Indian dance and music.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00

### Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Days & Times	Ages	Mem/Program
Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

### Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

### Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

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### Jump & Pump

Try this innovative class combining the cardio of jump ropes and the toning of weight lifting in a Tabata-style format.

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### Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

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Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
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### Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Days & Times	Ages	Mem/Program
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Monday 12:15 - 1:00 pm	16-99	\$0.00/\$40.00
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Friday 10:30 - 11:45 am	16-99	\$0.00/\$40.00

### Step Aerobics

Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 7:00 am		\$0.00/\$40.00
Thursday 6:15 - 7:00 am		\$0.00/\$40.00

### SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

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Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
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Days & Times	Ages	Mem/Program
Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

### SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

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### Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Days & Times	Ages	Mem/Program
Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

### Small Group Personal Training

This class is designed to be the middle ground between personal training and group exercise classes. It will be for 4-6 people and will be more intense than classes but not quite the intensity of single person personal training.

Days & Times	Ages	Mem/Program
Mondays 6:00 - 7:00 pm	16-99	\$105.00/\$147.00

### Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

### Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

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### Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

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### Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

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(330) 434-9622

477 E. Market Street, Akron, OH 44304



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Miscellaneous

## Functional Training

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