



JANUARY SCHEDULE



FITNESS SCHEDULE

MONDAY

6:00am
SPIN STUDIO
Spinning

7:30am
GROUP EX
Tabata

8:30am
INDOOR POOL
Water Werks

9:00am
MIND/BODY ROOM
Mat Pilates

9:00am
GROUP EX
WERQ

9:15am
AUDITORIUM
SS Classic

9:30am
INDOOR POOL
Water Werks

10:15am
AUDITORIUM
SS Circuit

10:30am
MIND/BODY ROOM
Power Yoga

5:30pm
MIND/BODY ROOM
Power Yoga

6:00pm
SPIN STUDIO
Spinning

6:00pm
GROUP EX
Zumba

6:30pm
MIND/BODY ROOM
Tai Chi (Extra fee*)

TUESDAY

6:00am
SPIN STUDIO
Spinning

6:00am
GROUP EX
MetKon RX

8:00am
GROUP EX
Good Morning Zumba

8:00am
AUDITORIUM
Zumba Gold

8:30am
MIND/BODY ROOM
Yin Yoga

8:50am
GROUP EX
Strength & Conditioning

9:15am
AUDITORIUM
SS Classic

9:45am
GROUP EX
Active Yoga

9:45am
MIND/BODY ROOM
Stretch & Release

10:15am
AUDITORIUM
Chair Pilates

4:00pm
GROUP EX
SS BOOM Move

5:00pm
GROUP EX
TRX (Extra fee*)

5:15pm
MIND/BODY ROOM
Mat Pilates

6:30pm
MIND/BODY ROOM
Good Night Yoga

WEDNESDAY

6:00am
SPIN STUDIO
Spinning

8:15am
GROUP EX
Barre

8:30am
INDOOR POOL
Water Werks

9:00am
MIND/BODY ROOM
Mat Pilates

9:15am
GROUP EX
Vinyasa Yoga

9:15am
AUDITORIUM
SS Classic

9:30am
INDOOR POOL
Water Werks

10:15am
AUDITORIUM
Chair Yoga

5:15pm
GROUP EX
WERQ

5:30pm
MIND/BODY ROOM
Power Yoga

6:00pm
SPIN STUDIO
Spinning

6:45pm
MIND/BODY ROOM
Yin Yoga

THURSDAY

6:00am
GROUP EX
Metkon RX

8:00am
GROUP EX
Soul Fusion

9:00am
GROUP EX
Strength & Conditioning

9:15am
MIND/BODY ROOM
Gentle Flow Yoga

10:00am
GROUP EX
Stretch & Release

10:15am
AUDITORIUM
Chair Pilates

4:15pm
AUDITORIUM
SS Classic

5:00pm
VIBE ROOM
TRX (Extra fee*)

5:30pm
INDOOR POOL
Aqua Fit

5:30pm
MIND/BODY ROOM
Active Yoga

6:00pm
GROUP EX
Strength & Conditioning

FRIDAY

6:00am
SPIN STUDIO
Spinning

8:00am
GROUP EX
Toning Circuit

8:30am
INDOOR POOL
Water Werks

9:00am
GROUP EX
Barre

9:30am
MIND/BODY ROOM
All-Level Yoga

9:30am
INDOOR POOL
Water Werks

10:00am
GROUP EX
WERQ

10:15am
AUDITORIUM
Active Agers
Aerobics

11:00am
MIND/BODY ROOM
Gentle Flow Yoga

SATURDAY

8:00am
MIND/BODY ROOM
Power Yoga

9:00am
GROUP EX
Zumba

10:00am
GROUP EX
Barre

SUNDAY

8:30am
GROUP EX
Kettlebell AMPD

9:15am
GROUP EX
Turbokick

9:30am
INDOOR POOL
Aqua Fit



Upcoming Change

We are no longer using the "My J" app. We will continue to offer class reservations through a new app called "My Akron J" - more information on the back of this schedule.

Please be patient with us as we make this change. Thank you!

New Year's Day Class Schedule

9:00 am - Water Werks
10:30 am - Power Yoga

KEY



Mind/Body



Cardio



Aqua Classes



Older Adult



Strength



HOW TO DOWNLOAD & REGISTER: MY AKRON J

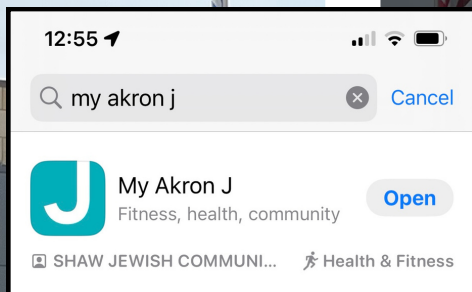


**Make sure to
Allow Push
Notifications!!**

1.

*Download
the app*

Search "My Akron J" in
the Google Play Store
(Android) or the App
Store (iPhone).



2.

*Create an
account*

Click "Create an
Account" and enter all
information specified.

Pro Tip:

If you had an account with
our "My J" app, use the same
email and it should pull your
information in.

Pro Tip:

If you are part of a family
account, you should be able
to register all family members
for programs. To manage this
call us at 330-867-7850.

3.

*Login and
Explore!*

Login with your new
credentials and explore
what the "My Akron J"
app has to offer!

If you try to use a different
email, it will not let you login.
If you have issues with
logging in, please call
330-867-7850.