



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DE-STRESS UNPLUG ENJOY

Health, Well-Being and Fitness

The Kohl Family YMCA offers conveniently timed classes during common lunch times. Come join us through the newly re-opened back door!

Power Yoga: M/W/F 12:00 – 12:45 PM
Yoga for Beginners: Monday 1:15 – 2:00 PM
Tai Chi/Qi Gong: T/Th 10:30 – 11:15 AM
Silver Sneakers Classic: M/W/F 1:00 – 1:45 PM

Beginning October 28th:
Yoga for Beginner: Tuesday 12:00 – 12:30 PM
Meditation: Thursday 12:00 – 12:30 PM



**KOHL FAMILY YMCA
AT UNIVERSITY PARK
477 E Market St.
Akron, OH 44304
330 434 9622**

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!

