

Cleveland Clinic Akron General Health & Wellness Center, Green

| | Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|------------|------------------------|--|-----------------------------------|--|-------------------------------|------------------------------|---|
| STUDIO 1 | 5:45 a.m. | | PumpRx Chris | Stretch Lori | PumpRx Chris | Stretch Lori | PumpRx Chris | |
| | 6:35 a.m. | | | Core Focus Lori | | Core Focus Lori | | |
| | 8:15 a.m. | Stretch Mary | YogaRx Shari | Barre Above® Cristy | Chair Fitness Shari | Barre Above® Deneen | YogaRx Deneen | BodyFlex Cindy |
| | 9:15 a.m. | | PumpRx FOD | | PumpRx FOD | | PumpRx FOD | Step Interval Cindy |
| | 10:30 a.m. | | | | YogaRx Deneen | | | |
| | 4:40 p.m. | | Barre Above® Cristy | Tone & Define Carol | Functionally Fit Maureen | Step Interval Cindy | | |
| | 5:30 p.m. | | BodyFlex Cindy | YogaRx Deneen | Latin Spark Carol | Zumba® Carol | | |
| | 6:30 p.m. | | | Step Interval Cindy | Body Flex Cindy | | | |
| STUDIO 2 | 5:45 a.m. | | | Cycle Tim | | Cycle Ray | | |
| | 7:15 a.m. | | Pilates Mat Shari | | | | | Cycle Cindy |
| | 4:40 p.m. | | Pilates Mat Shari | | Pilates Mat Shari | | | |
| | 5:30 p.m. | | YogaRx Shari | | YogaRx Shari | Cycle Cindy | | |
| GYMNASIUM | 8:30 a.m. | | | | | | | TBI Tim |
| | 9:15 a.m. | | | Tabata BC™ Maureen | | TBI Josh | | |
| | 10:30 a.m. | | | LifeFit Josh | | LifeFit Josh | | |
| | 6:15 p.m. | | | TBI Howard | | TBI Howard | | |
| | 6:30 p.m. | | 15/15/15 Cindy | | | | | |
| POOL | 9:15 a.m. | | Aqua Zumba® Frances | AquaRx DJ | Aqua Fit Carol | AquaRx DJ | Aqua Groove Deneen | Healing Waters Mary (Therapy Pool) |
| | 10:30 a.m. | | Healing Waters Frances (Therapy Pool) | | Healing Waters Ray (Therapy Pool) | | | |
| | 6:30 p.m. | | Aqua TBI Ray | AquaRx DJ | Aqua Fit Mary | Aqua Zumba® Carol | | |

All Classes listed on this schedule are
free with your membership

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Scan to visit our website!

akrongeneral.org/lifestyles



The LifeStyles App hosts the current Group Fitness Class schedule. Download it in two easy steps:

- Search for "Akron General LifeStyles" in the App Store on your smart phone (available for iOS and Android)
- Download and install the FREE mobile app

Muscular Strength and Endurance

- PumpRx / Body Pump** - Get in shape fast with barbell classes that sculpt, tone, and strengthen without bulk. Targeting all major muscle groups, these workouts burn fat, build strength, and condition lean muscle. **Intensity: Moderate to High**
- Core Focus** - This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength. **Intensity: Moderate**
- TBI (Total Body Intervals)** - Burn calories and boost energy with 45-second high-intensity bursts followed by 15-second recovery periods. This workout boosts metabolism and burns more calories. **Intensity: completely up to you!!**
- LifeFit** - Restore yourself back to how you were meant to move using holistic exercise in cardiovascular endurance, strength, flexibility, balance, range of motion, proprioception and body awareness training. **Intensity: Low to Moderate**
- Chair Fitness** - Chair fitness is a low-impact workout using a chair for support, improving strength, flexibility, and endurance—ideal for all fitness levels and those with limited mobility. **Intensity: Low**
- Tabata Bootcamp™** – A combination of bootcamp and high intensity interval training for an efficient and effective workout to help boost your metabolism and keep the calories burning post workout. **Intensity: Moderate to High**
- 15/15/15** - Experience all 3 components of fitness in one class! This workout is 15-minutes of Core, 15-minutes of Cardio and 15-minutes of Strength. **Intensity: Moderate to High**
- Tone & Define** - Define your muscle groups with this low impact non-cardio class. This class utilizes weighted balls, hand weights and bands to sculpt your way to tone, defined muscles. **Intensity: Low to Moderate**
- Barre Above®** – Blends the latest exercise science with the principles of the Lotte Burke method (the genesis of the Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training in each workout. **Intensity: Low to Moderate**

Mind/Body

- YogaRx** – Builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low to Moderate**
- Stretch** - Total body muscle stretch. This is a great addition to any workout routine. Start your morning with this invigorating routine. **Intensity: Low**
- Pilates® Mat** increases endurance, strength and dynamic alignment. **Intensity: Low to Moderate.**

Aqua

- AquaRx** - A low-impact, high-energy aqua workout for all ages and fitness levels. These dynamic cardiovascular routines tones and shapes the entire body, with optional equipment like water noodles and hand buoys **Intensity: Low to Moderate**
- Aqua Zumba®** - The Zumba pool party combining Zumba and an aqua class for an invigorating workout. **Intensity: Low to Moderate**
- Aqua Fit** - Burn calories and boost energy in this high-intensity bootcamp water class. Water buoyancy lets you move easily, allowing for a tough workout with less impact. **Intensity: Low to Moderate**
- Aqua Groove** - Aqua Groove (Dance) blends traditional dance with water resistance for a low-impact, full-body workout. It features rhythmic movements, making it a fun and engaging way to stay active. **Intensity: Low, Moderate or High**
- Healing Waters** - Experience: Deep inner warmth...Pain relief...Relaxation...Stress relief... Improved range-of-motion...Gentle movements. **Intensity: Just right!!**
- Aqua TBI** - Burn calories and boost energy with 45-second high-intensity bursts followed by 15-second recovery periods. This workout boosts metabolism and burns more calories. **Intensity: Low**

Cardiovascular Endurance

- Functionally Fit** - High-intensity, low-impact cardio training (HILIT) with compound resistance moves for a full-body workout. This class uses weights, stability balls, discs, and bodyweight exercises to burn fat and build strength. **Intensity: completely up to you!!**
- Latin Spark** - Bring a new energy to your dance routine with our Non-Traditional Latin Dance Moves class! Ideal for beginners, you'll dive into a variety of lively Latin rhythms and discover a fresh, funky move every week, all with a modern twist. **Intensity: Low**
- Cycle** – The indoor cycling workout where you ride to the rhythm of powerful music. **Intensity: Moderate to High**
- Step Interval** – Combines rhythmic aerobic exercise with strength moves. After an initial warm-up, cardio segments of 3-5 minutes utilizing a step alternate with body sculpting segments of 3 minutes to improve cardiovascular fitness and muscular strength. **Intensity: Moderate to High**
- Zumba Fitness®** – An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party! **Intensity: Moderate to High**

Children age 13 to 17 may attend GEX classes under the following conditions:

1. Class start time is within LifeStyles dependent hours.
2. Parent/guardian must be participating in the class with children ages 13 to 15.