

Cleveland Clinic Akron General Health & Wellness Center, Stow

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	6:00 a.m.		Cycle Roger		Cycle Roger			
	9:00 a.m.		LifeFit Kayla		LifeFit Kayla			
	9:15 a.m.						Cycle Roger	
	5:45 p.m.		*Cardio Strength Renelda		Cycle Strength Kimberly			
	6:30 p.m.				Core & Stretch Kimberly			
STUDIO 2	6:00 a.m.	HIIT Kayla		HIIT Kayla		Cardio Crush Kayla Fitness Floor		
	8:15 a.m.						HIIT Kimberly	
	9:15 a.m.							Barre Above® Alexis
	9:30 a.m.	Barbell Strength Lydia	Tabata BC™ Yanette	Barbell Strength Lydia	Cardio Sculpt Yanette	YogaRx Alexis		
	10:00 a.m.						Strength Conditioning Alexis	ZUMBA® Trudie
	10:30 a.m.	Yoga Gold Shari		Yoga Gold Shari				
	11:30 a.m.	Pilates Mat Shari		Barre Above® Shari				
	4:15 p.m.			POP Pilates Amelia				
	5:30 p.m.	15/15/15 Renelda		Strength Core Renelda				
	5:45 p.m.		*Cardio Strength Renelda					
POOL	9:30 a.m.	Aqua Bootcamp Sally		AquaRx Sally				
	10:30 a.m.		AquaRx Sally		AquaRx Sally	Aqua Barre Alexis	Arthritis Foundation Sally	
	6:30 p.m.	Arthritis Foundation Cathy		Arthritis Foundation Cathy				
	6:45 p.m.		S'WET Sally		S'WET Sally			

• Download the **Akron General LifeStyles** app for the most up-to-date schedule

\*Tuesday Cardio Strength may be in Studio 1 if bikes are used for class.



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## Aqua Classes

- Arthritis Foundation** Conducted in the warm water to reduce arthritis pain while providing gentle resistance to build strength and support joints. The ability to swim is not required.  
*Intensity: low. Duration: 50 minutes*
- Aqua Bootcamp** Be challenged by the resistance of the water. This high intensity, fast-paced program based on speed, power, and strength is great for adults, athletes, and anyone looking for a new exercise challenge.  
*Intensity: moderate to high. Duration: 45 minutes*
- AquaRx** AquaRx provides a low impact, high energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones the entire body.  
*Intensity: low to moderate. Duration: 45 minutes*
- S'WET** This program is designed to incorporate unique blocks of activity, each with a specific purpose, focused on HIIT, strength, and advanced cardio training.  
*Intensity: moderate to high. Duration: 45 minutes*

## Cardiovascular Endurance

- LifeFit** The low-impact, whole body group fitness workout that uses dumbbells, body weight, bands, and more to boost every day fitness.  
*Intensity: low. Duration: 45-60 minutes*
- Cycle** "Geared" toward all fitness levels on specially designed indoor cycles. Class may include endurance and race day training.  
*Intensity: low to high. Duration 45 minutes*
- Zumba®** There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and exhilarating. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged.  
*Intensity: moderate. Duration: 45 minutes*

## 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. Duration: 45*
- Yoga Gold** For everyone, but geared for ages 55+. Yoga Gold can be performed on chairs and may include meditation.  
*Intensity: low to moderate. Duration: 45 minutes*
- Pilates Mat** Strengthen and stretch muscles uniformly in a series of Pilates floor exercises. Develop stability, strength, flexibility and balance by using precision and concentrated effort.  
*Intensity: moderate. Duration: 45 minutes*
- POP Pilates®** An incredible fusion of Ab-chiseling and total body defining moves choreographed to pop music. This mat-based workout rhythmically flows from one exercise to the next.  
*Intensity: low to high. Duration: 45 minutes*

## Muscular Strength and Endurance

- Cardio Sculpt** An easy to follow, challenging workout for ALL fitness levels that incorporates cardio, strength and core training intervals.  
*Intensity: low to high. Duration: 45 minutes*
- Tabata Bootcamp** A physical and mental challenge that will increase your metabolism and muscular endurance using intervals of intense work followed by recovery periods.  
*Intensity: moderate to high. Duration: 45 minutes*
- HIIT** Consists of cardio intervals with strength segments to spruce up your exercise routine! Learn how to increase strength, improve endurance, and feel good while you burn calories and increase energy!  
*Intensity: moderate to high. Duration: 45 minutes*
- Barbell Strength** Focusing on muscle isolation to achieve muscular strength and endurance, this barbell class will sculpt, tone, strengthen and transform your entire body.  
*Intensity: moderate to high. Duration: 45 minutes*
- Barre Above®** Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you in absolutely amazing shape.  
*Intensity: low to moderate. Duration: 45 minutes*
- 15/15/15** 15 minutes cardio, 15 minutes strength, 15 minutes core.  
*Intensity: low to high. Duration: 45 minutes*
- Strength Core** Get to the core of strength training. Challenge your body with 25 minutes of strength exercises, followed by 20 minutes of all core to build strength and stability.  
*Intensity: moderate to high. Duration: 45 minutes*
- Cardio Strength** Combining high intensity cardio intervals with challenging strength exercises for the ultimate fat burning experience, this class will have you sweating and loving it!  
*Intensity: low to high. Duration: 45 minutes*
- Strength Conditioning** This fun and challenging class is designed to target the entire body, utilizing weights, bands, bodyweight exercises and more to burn excess fat while building muscular strength and endurance.  
*Intensity: low to high. Duration: 45 minutes*
- Cycle Strength** Increase your cardio endurance and strength in this class! This class will burn fat and build muscle using our indoor cycles paired with weight bearing strength exercises to  
*Intensity: low to high. Duration 45 minutes*
- Core & Stretch** This class is designed to build your core muscle group! It helps to improve posture through performing exercises that strengthen the abdominal and back muscles and increase flexibility.  
*Intensity: low to high. Duration 30 minutes*

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

1. Parent/guardian must be participating in the class with dependents 13 to 15.