

**Cleveland Clinic Akron General Health & Wellness Center, Green**

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>STUDIO 1</b>	5:45 a.m.		<b>PumpRx</b> Chris	<b>Morning Stretch</b> Peggi	<b>PumpRx</b> Chris	<b>Morning Stretch</b> Peggi	<b>PumpRx</b> Chris	
	8:15 a.m.	<b>Morning Stretch</b> Peggi/Mary	<b>YogaRx</b> Shari	<b>Barre Above®</b> Cristy	<b>Chair Fitness</b> Frances	<b>Barre Above®</b> Deneen	<b>YogaRx</b> Deneen	<b>BodyFlex</b> Cindy
	9:15 a.m.	<b>Butts, Guts &amp; Biceps-</b> Cindy	<b>PumpRx</b> FOD		<b>PumpRx</b> FOD		<b>PumpRx</b> FOD	<b>Step Interval</b> Cindy
	10:30 a.m.				<b>YogaRx</b> Deneen			
	4:40 p.m.		<b>Barre Above®</b> Cristy	<b>Strength Intervals</b> Carol	<b>Functionally Fit</b> Maureen	<b>Step Interval</b> Cindy		
	5:30 p.m.		<b>BodyFlex</b> Cindy	<b>YogaRx</b> Deneen	<b>Cardio Dance</b> Carol	<b>Zumba®</b> Carol		
	6:30 p.m.		<b>Guts (ab work)-</b> Cindy-6:15-6:45p	<b>Step Interval</b> Cindy	<b>Body Flex</b> Cindy			
<b>STUDIO 2</b>	5:45 a.m.			<b>Cycle</b> Tim		<b>Cycle</b> Ray		
	7:15 a.m.		<b>Pilates Mat</b> Shari					<b>Cycle</b> Cindy
	8:15 a.m.	<b>Cycle-Flex</b> Cindy						
	10:30 a.m.				<b>Step Interval</b> Carol			
	4:40 p.m.		<b>Pilates Mat</b> Shari		<b>Pilates Mat</b> Shari			
	5:30 p.m.		<b>YogaRx</b> Shari		<b>YogaRx</b> Shari	<b>Cycle</b> Cindy		
<b>GYMNASIUM</b>	8:30 a.m.							<b>Total Body Int.</b> Tim
	9:15 a.m.		<b>TBI</b> Amy	<b>Tabata BC™</b> Maureen		<b>Tabata BC™</b> Pam	<b>TBI</b> Amy	
	10:30 a.m.			<b>LifeFit</b> Josh		<b>LifeFit</b> Josh		
	6:15 p.m.			<b>TBI</b> Amy		<b>TBI</b> Amy		
	6:30 p.m.		<b>Tabata BC™</b> Pam					
<b>POOL</b>	9:15 a.m.		<b>Aqua Zumba®</b> Frances <small>(Leisure Pool)</small>	<b>AquaRx</b> DJ <small>(Leisure Pool)</small>	<b>Aqua Crush</b> Frances <small>(Leisure Pool)</small>	<b>AquaRx</b> DJ <small>(Leisure Pool)</small>	<b>Aqua Zumba®</b> Deneen <small>(Leisure Pool)</small>	<b>Healing Waters</b> Mary <small>(Therapy Pool)</small>
	10:30 a.m.		<b>Healing Waters</b> Ray <small>(Therapy Pool)</small>		<b>Healing Waters</b> Frances <small>(Therapy Pool)</small>			
	6:30 p.m.		<b>Total Body Int.</b> Ray <small>(Leisure Pool)</small>	<b>AquaRx</b> DJ <small>(Leisure Pool)</small>	<b>Aqua Fit</b> Mary <small>(Leisure Pool)</small>	<b>Aqua Zumba®</b> Carol <small>(Leisure Pool)</small>		

All Classes listed on this schedule are free with your membership

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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** – One of the fastest ways to get in shape!! These barbell classes will sculpt tone, strengthen and transform your entire body without adding bulk. Focusing on burning fat, gain strength and quickly produce lean body muscle conditioning. These classes challenge all of your major muscle groups while you squat, press, lift and curl. The cutting-edge choreography and chart-topping music is refreshed every three months, so with your choice of weight and trained instructors, you can get the GroupRx Advantage and the results you've been looking for.

**Intensity: Moderate to High**

**Butts, Guts & Biceps**- The name says it all! Non-Cardio strength class using dumbbells and weights to isolate the muscle groups. Sculpt, tone and strengthen your core and arms. Core strength improves balance and increase strength. This class is for every fitness levels!! **Intensity: Low, Moderate, or High**

**Total Body Intervals (land)** – One of the best ways to burn calories and increase energy!! Total Body Intervals will push you to be your best. Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Land: Total Body Intervals will teach you how to burn calories, add strength, improve balance, and gain flexibility. **Intensity: completely up to you!! Low, Moderate, or High**

**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**

**Tabata Bootcamp™** – Based on the most current research in fitness!! This revolutionary program combines bootcamp fitness with the hottest trend to hit the scene—High Intensity Interval Training. You can get your workout done in half the time, and boost your metabolism to keep burning calories for hours after your workout is over. **Intensity: Moderate to High**

**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**

**Strength Intervals**- Define your muscle groups with this low impact non-cardio class by utilizing weighted balls, hand weights and bands. **Intensity: Low**

## Mind/Body

**Pilates® Mat**- This class is the building block for your Pilates® work out. Pilates® Mat increases endurance, strength and dynamic alignment. **Intensity: Low to Moderate.**

**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**

**Morning Stretch**- Total body deep muscle stretch. This is a great addition to any workout routine. Start your morning with this invigorating routine. **Intensity-Low**

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.

## Aqua

**Healing Waters** – Experience: Deep inner warmth...Pain relief...Relaxation...Stress relief... Improved range-of-motion...Gentle movement; especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. **Intensity: Just right!!**

**Aqua Zumba®**- Known as the Zumba "pool party". This is an invigorating workout. Splash, laugh, hoot, holler, twist and stretch your way into a safe, challenging, water based workout. **Intensity-Low to Moderate**

**Aqua Crush/Aqua Fit** - One of the best ways to burn calories and increase energy!! This bootcamp water class will push you to be your best. Water buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: completely up to you!!**

**AquaRx** – The aqua workout that 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 and tapers the entire body. Additional equipment, such as water noodles and hand buoys may be incorporated into this great workout. **Intensity: Low to Moderate**

**AquaRx** – The aqua workout that 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 and tapers the entire body. Additional equipment, such as water noodles and hand buoys may be incorporated into this great workout. **Intensity: Low to Moderate**

**Total Body Intervals (water)** – One of the best ways to burn calories and increase energy!! Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Water: buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: completely up to you!!**

## Cardiovascular Endurance

**Cycle** – The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack. Add strength training with **Cycle-Flex!** **Intensity: Moderate to High**

**Zumba Fitness®** – There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally 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 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 cardio vascular fitness and muscular strength. Cool down and stretching exercises complete the class. **Intensity: Moderate to High**

**Functionally Fit**- High intensity, low impact cardio training (HILIT), with compound resistant moves for a total body workout. This fun and challenging class is designed to target the entire body utilizing weights, stability balls, discs, bodyweight exercise and more to burn excess fat while building strength and endurance. **Intensity: completely up to you!!**

**Cycle Flex**- This workout is designed to keep your heart rate up with challenging cardio and strength intervals. The cycle help create the maximum benefits for your body and a burn long after class.

**Intensity: Moderate to High** **Cardio Dance**- Have fun dancing your way into being fit. Simple choreography, and up beat music makes getting fit a dance party. Do not miss out on the fun! **Intensity: You set the pace**

