

Cleveland Clinic Akron General Health & Wellness Center, Bath

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	STUDIO 1	6:00 a.m.		Rep Reebok Beth	Precision Strength Beth	HIIT Beth			
6:45 a.m.		Moving Meditation Beth		Moving Meditation Beth		Moving Meditation Beth			
8:30 a.m.		TurboKick™ Maureen	Zumba® Frances		Cardio 4 All Cynthia	Zumba® Frances	8:00 a.m.	Cardio Mix Rotating-see app	
9:30 a.m.		Pilates Mat Karen H	Precision Strength Cynthia	Kickbata Cynthia	Precision Strength Karen H	Sport Conditioning Sue	9:00 a.m.		Yoga Bob
10:30 a.m.		Precision Strength Cynthia	Zumba® Jeananne	Yoga Argie	Zumba® Jeananne		9:15 a.m.	Precision Strength Cynthia	
11:30 a.m.		Zumba® Gold Rotating	Pilates Shari	Core Focus Cynthia	Pilates Shari		10:15 a.m.		Yoga Argie
12:30 p.m.		Functional Fitness Cynthia	Gentle Yoga Shari	Strength Express Cynthia	Gentle Yoga Shari	Functional Fitness Cynthia	10:30 a.m.	Pilates Mat Karli	
5:00 p.m.			Yoga Argie			Core Focus Cynthia			
5:15 p.m.		HIIT Cynthia		Core Focus Cynthia	Step Paula				
6:15 p.m.			Precision Strength Judy		Precision Strength Judy				
6:30 p.m.	Zumba® Diane		Yoga Argie						
STUDIO 2	6:00 a.m.	Cycle 45 Beth		Cycle 45 Karen F.		Cycle 45 Beth			
	8:15 a.m.	Cycle 45 Karen F.				Cycle 45 Karen H	7:15 a.m.	Advanced Cycle* Karen	
	9:00 a.m.		Cycle 45 Karen F				9:45 a.m.	Cycle 45 Paula	
	6:00 p.m.	Cycle 45 Paula							
POOL	9:00 a.m.	Shallow Strength Cathy	In the Deep Jane	Aqua Lite Jane	H2O Bootcamp Karen F.	Shallow Strength Cathy	9:00 a.m.	Shallow Strength Karenina	Aqua Zumba® Lori L
	10:30 a.m.		Warm H2O Jane		Warm H2O Jane		10:30 a.m.	Warm H2O Karenina	

● Denotes classes dependents (13 and over) can attend

Cardio Endurance

- Cardio 4 All** - An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels. **Intensity: moderate to high**
- Functional Fitness** - Restore yourself back to how you were meant to move using holistic exercises in cardiovascular, strength, flexibility, balance, range of motion, proprioception and body awareness training. **Intensity: low to moderate**
- Kickbata** - A high-intensity interval training class that incorporates kickboxing moves. **Intensity: Moderate to high**
- HIIT** - A high intensity interval training class that incorporates cardio, strength, and core conditioning. **Intensity: high**
- Sport Conditioning** - A high-intensity interval training class that incorporates BOSU, core board and/or step drills. **Intensity: high**
- 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**
- TurboKick™** - The freshest music and moves, inspired by dance, boxing and martial arts, come together to create a cardio PARTY but be ready for the SIREN - it means you get a bonus cardio BLAST! **Intensity: moderate to high**
- Zumba®** - An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party! **Intensity: moderate**

Cycling

- Advanced Cycle** – Sport performance training geared towards cyclists and triathletes who want to maintain their fitness during “off season.” ***Advanced registration required.* Intensity: high**
- Cycle to the Core** - 50 minutes of Cycle followed by core conditioning and stretch. **Intensity: moderate to high**
- Cycle In/Yoga Out** - 40 minutes of cycling followed by yoga stretches to improve flexibility. Great for beginner cycling participants. **Intensity: moderate**
- Cycle 45/60** - An intense 45/60 minutes of cycling including intervals and anaerobic threshold training. **Intensity: moderate to high**

Aqua

- Aqua Lite** - A Shallow water workout that is easy to follow and easy on the joints. **Intensity: low to moderate**
- Aqua Zumba®/Dance** - The Zumba pool party combining Zumba and an aqua class for an invigorating workout. **Intensity: low to moderate**
- Warm H2O** – (recommended for Arthritic populations) Conducted in warm water to reduce arthritis pain providing gentle resistance to build strength and support joints. **Intensity: low**
- H2O Bootcamp** - 45-60 minutes of high intensity interval training in the pool. **Intensity: moderate to high**
- In the Deep** - A deep water workout emphasizing cardio fitness, core strength, and flexibility. Aqua belts & noodles provided. **Intensity: moderate to high**

- Shallow Splash & Strength** - Shallow water classes emphasizing strength, core stability and cardio. **Intensity: low to moderate**

Muscular Strength/Endurance

- Barre** - A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga. **Intensity: moderate**
- Core Focus** - This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength. **Intensity: moderate**
- Precision Strength** Optimize your workout efficiency with this challenging muscular endurance program that utilizes compound exercises for multiple muscle groups. Boost functional strength, balance and coordination. **Intensity: low to moderate**
- Rep Reebok** - This workout is a revolutionary reinvention of traditional group strength training using periodization, a proven technique for getting real results, while keeping your choreographed workouts fresh without frustrating training plateaus. **Intensity: moderate**
- PIYo™ PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements for a challenging upbeat workout. Barefoot on yoga mat. **Intensity: low to high**
- Strength & Stretch** – hybrid class that focuses on strength, coordination, and balance using the elements of dance, basic strength, and dynamic flexibility. **Intensity: moderate**

Mind/Body (barefoot on yoga mat)

- Flow Fusion** uses flowing yoga movements and bodyweight exercises to improve flexibility, strength, and balance. **Intensity: moderate**
- Prana Yoga** A dynamic form of hatha yoga. A mixed level yoga practice dedicated to breath and energy movement. This vigorous practice purifies and realigns the body. **Intensity: low to moderate**
- Gentle Yoga** - Learn proper breathing techniques and gentle flows to increase flexibility and strength, cultivate balance and reduce stress. This class will leave you centered. **Intensity: low**
- Moving Meditation** - An early morning class that starts with stillness and breathing. Slow and flowing movement then begins to stretch, strengthen and align all joints and muscles. This flowing movement induces a meditative connection of mind, body and spirit...leaving one open, fresh and restored. Floor based activities performed on yoga mat. **Intensity: low**
- 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. Performed on yoga mat. Some may use small equipment. **Intensity: low to moderate**

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

- Class start time is within LifeStyles dependent hours. (Ex., Mon. – Fri., 5:15 p.m. permitted, Mon. – Fri., 5:30 p.m. not permitted; Sat., 9:30 a.m. permitted, Sat., 8:30 a.m. not permitted;)
- Parent/guardian must be participating in the class with children ages 13 to 15.