

Cleveland Clinic Akron General Health & Wellness Center, Bath

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	6:00 a.m.		Strength Express Beth	Strength Express Beth	Decompress Beth				
	6:45 a.m.	Total Body Stretch Beth		Total Body Stretch Beth		Total Body Stretch Beth			
	8:30 a.m.	TurboKick™ Maureen	Zumba® Frances		Cardio 4 All Cynthia	Zumba® Frances/Lorena	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	Yoga Megan	9:15 a.m.	Precision Strength Cynthia	
	11:30 a.m.	Zumba® Gold Wayne	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			
	5:00 p.m.	Core Focus Cynthia	Yoga Argie	Core Focus Cynthia		Core Focus Cynthia			
	5:30 p.m.	HIIT Cynthia							
	6:00 p.m.			Zumba® Gold Wayne					
	6:15 p.m.		Precision Strength Judy		Precision Strength Judy				
	6:30 p.m.	Zumba® Diane							
7:00 p.m.			Yoga Argie						
STUDIO 2	6:00 a.m.	Cycle 45 Beth		Cycle 60 Karen F.		Cycle 45 Beth			
	7:45 a.m.			Barre Fusion Melissa			7:15 a.m.	Advanced Cycle* Karen F	
	8:15 a.m.	Cycle 60 Karen F.				Cycle 60 Karen H			
							9:30 a.m.	Cycle 45 Paula	
	5:30 p.m.			Step 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 Jane	Aqua Zumba® Frances
	11:15 a.m.		Warm H2O Jane		Warm H2O Jane		11:15 a.m.	Warm H2O Jane	
	6:00p.m.			Aqua Zumba® Frances					

## Cardio Fusion

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

## Muscular Strength/Endurance

**Barre Fusion** - 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**

**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 Express** – total body muscular strength and endurance class utilizing dumbbells and other equipment. **Intensity: moderate**

## Mind/Body (barefoot on yoga mat)

**Decompress** – Combination stretch and relaxation to relieve tension/stress and improve mobility. **Intensity: low**

**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**

**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**

**Total Body Stretch** – Start your day with dynamic stretching to improve mobility and flexibility **Intensity: low**

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## **Children ages 13 to 15 may attend GEX classes under the following conditions:**

1. 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;)
2. Parent/guardian must be participating in the class with children ages 13 to 15.