

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/Stretch Argie/Cynthia	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/Megan
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/Megan	Core Focus Cynthia		Core Focus Cynthia			
5:30 p.m.		HIIT Cynthia		Zumba® Wayne	Step (5:15p) Paula				
6:15 p.m.			Precision Strength Judy		Precision Strength Judy				
6:30 p.m.		Zumba® Diane		Yoga Argie/Karen H					
STUDIO 2	6:00 a.m.	Cycle 45 Beth		Cycle 60 Karen F.		Cycle 45 Beth			
	8:15 a.m.	Cycle 60 Karen F.				Cycle 60 Karen H	7:45 a.m.	Advanced Cycle Karen F	
	9:00 a.m.						9:30 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® Frances
	11:15 a.m.		Warm H2O Jane		Warm H2O Jane		10:30 a.m.	Warm H2O Karenina	

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**

Children age 13 to 17 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.