

Cleveland Clinic Akron General Health & Wellness Center, Green

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO 1	5:45 a.m.		PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	
	8:15 a.m.		YogaRx Shari	Barre Above® Cristy		Barre Above® Deneen	YogaRx Deneen	BodyFlex Cindy
	9:15 a.m.		PumpRx FOD		PumpRx FOD		PumpRx FOD	Step Interval Cindy
	10:30 a.m.					Zumba® Carol		
	4:40 p.m.		Barre Above® Cristy	Zumba® Carol	Functionally Fit Maureen	Step Interval Cindy		
	5:30 p.m.		BodyFlex Cindy	YogaRx Deneen	Step Zumba® Carol	Zumba® Carol		
	6:30 p.m.			Step Interval Cindy		Body Flex Cindy		
STUDIO 2	5:45 a.m.			Cycle Tim		Cycle Ray		
	7:15 a.m.							Cycle Cindy
	10:30 a.m.				YogaRx Deneen			
	5:30 p.m.		YogaRx Shari		YogaRx Shari	Cycle Cindy		
GYMNASIUM	8:30 a.m.							Total Body Int. Tim
	9:15 a.m.		TBI Amy	Tabata BC™ Maureen		Tabata BC™ Pam	TBI Amy	
	10:30 a.m.		Self Defense Haley*starts 4/15/24	LifeFit Josh		LifeFit Josh		
	6:15 p.m.			TBI Amy		TBI Amy		
	6:30 p.m.		Tabata BC™ Pam					
POOL	9:15 a.m.		Aqua Zumba® Frances <small>(Leisure Pool)</small>	AquaRx DJ <small>(Leisure Pool)</small>	Aqua Crush Frances <small>(Leisure Pool)</small>	AquaRx DJ <small>(Leisure Pool)</small>	Aqua Zumba® Deneen <small>(Leisure Pool)</small>	Healing Waters Peggi <small>(Therapy Pool)</small>
	10:30 a.m.		Healing Waters Ray <small>(Therapy Pool)</small>		Healing Waters Frances <small>(Therapy Pool)</small>			
	6:30 p.m.		Total Body Int. Peggi <small>(Leisure Pool)</small>	AquaRx DJ <small>(Leisure Pool)</small>	Total Body Int. Peggi <small>(Leisure Pool)</small>	AquaRx DJ <small>(Leisure Pool)</small>		

All Classes listed on this schedule are free with your membership

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