

Cleveland Clinic Akron General Health & Wellness Center, Green

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	5:45 a.m.	Strength Focus Chris	Mobility Focus Ginger	Strength Focus Chris	Mobility Focus Ginger	Strength Focus Chris		
	6:35 a.m.		Core Focus Ginger		Core Focus Ginger			
	8:15 a.m.	Yoga Deneen	Barre Fusion Cristy		Barre Fusion Deneen	Yoga Deneen	Strength Focus Cindy	Mobility Focus Mary
	9:15 a.m.	Strength Focus Ginger		Strength Focus Ginger		Strength Focus Ginger	Step Cindy	
	10:30 a.m.			Yoga Deneen				
	4:40 p.m.				Step Cindy			
	5:30 p.m.	Strength Focus Cindy	Yoga Deneen	Strength Focus Cindy	Mobility Focus Ginger			
	6:15 p.m.	Core Focus Cindy						
	6:30 p.m.		Step Cindy					
STUDIO 2	5:45 a.m.		Cycle Tim		Cycle Ray			
	7:15 a.m.						Cycle Cindy	
	5:30 p.m.	Gentle Yoga Mary		Gentle Yoga Mary	Cycle Cindy			
GYMNASIUM	8:30 a.m.						HIIT Tim	
	9:15 a.m.	HIIT Josh	HIIT Marureen		HIIT Josh	HIIT Josh		
	10:30 a.m.		LifeFit Josh		LifeFit Josh			
	6:15 p.m.		HIIT Howard		HIIT Howard			
POOL	9:15 a.m.	Aqua Groove Frances	Aqua Shallow Fit DJ	Aqua Bootcamp Carol	Aqua Shallow Fit DJ	Aqua Groove Carol	Healing Waters Mary (Therapy Pool)	
	10:30 a.m.	Healing Waters Frances (Therapy Pool)		Healing Waters Ray (Therapy Pool)				
	6:30 p.m.	Aqua Bootcamp Ray	Aqua Shallow Fit DJ	Aqua Bootcamp Mary	Aqua Groove Carol			

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

Scan to download our App!



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akrongeneral.org/lifestyles



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.

Muscular Strength and Endurance

 **Strength Focus** - A full-body strength training class that uses a variety of equipment, including barbells, dumbbells, resistance bands, and bodyweight exercises. Develop muscle, improve technique, and boost overall power with compound lifts and functional movements. Scalable and effective for all fitness levels. **Intensity: Moderate to High**

 **Core Focus** - This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength.

Intensity: Moderate

 **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**

 **Barre Fusion** - A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga. **Intensity: Moderate**

Mind/Body

 **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**

 **Yoga** – 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**

 **Mobility Focus** – This class is designed to improve joint health, increase range of motion, and enhance overall movement quality. Through a blend of dynamic stretching, controlled movement, and functional mobility drills, you'll develop better body awareness and reduce stiffness and tension. **Intensity: Low to Moderate**

Aqua

 **Aqua Shallow Fit** - A low-impact, high-energy aqua workout for all ages and fitness levels. These dynamic cardiovascular routines tones and shapes the entire body, with optional equipment like water noodles and hand buoys

Intensity: Low to Moderate

 **Healing Waters** - (recommended for Arthritic populations) Conducted in warm water to reduce arthritis pain providing gentle resistance to build strength and support joints.

Intensity: Low

 **Aqua Bootcamp** - Burn calories and boost energy in this high-intensity bootcamp water class. Water buoyancy lets you move easily, allowing for a tough workout with less impact. **Intensity: Low to Moderate**

 **Aqua Groove** - Aqua Groove (Dance) blends traditional dance with water resistance for a low-impact, full-body workout. It features rhythmic movements, making it a fun and engaging way to stay active. **Intensity: Low, Moderate or High**

Cardiovascular Endurance

 **Cycle** – The indoor cycling workout where you ride to the rhythm of powerful music. **Intensity: Moderate to High**

 **Zumba Fitness®** – An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party! **Intensity: Moderate to High**

 **HIIT** - A high intensity interval training class that incorporates cardio, strength, and core conditioning. **Intensity: High**

 **Step** – Step - A fun, high-energy cardio workout using a step platform and choreographed moves set to music. **Intensity: Moderate to High**