

Cleveland Clinic Akron General Health & Wellness Center, Stow

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYMNASIUM	6:00 a.m.	HIIT Austin	Cycle Roger	HIIT Austin	Cycle Roger	HIIT Austin		
	8:15 a.m.						HIIT Kimberly	
	9:30 a.m.		Tabata Yanette		Cardio Sculpt Yanette		Cycle Roger	Cycle Barre Alexis (9:15 a.m.)
	10:30 a.m.						Barbell Strength Neven	PiYo™ LuAn
	5:30 p.m.	15/15/15 Renelda		Strength Core Renelda				
	5:45 p.m.		HIIT Renelda		HIIT Kimberly			
STUDIO 2	9:30 a.m.	Barbell Strength Lydia		Barbell Strength Lydia		YogaRx Alexis		
	10:30 a.m.	Yoga Gold Shari		Yoga Gold Shari				
	11:30 a.m.	Pilates Mat Shari		Barre Above® Shari				
	6:45 p.m.	Zumba® Amy	YogaRx Alexis	Zumba® Amy				
POOL	9:30 a.m.	AquaRx Amy		Aqua Zumba® Amy				
	10:30 a.m.		AquaRx Sally		In the Deep Sally	Aqua Barre Alexis	Arthritis Foundation Sally	
	6:30 p.m.	Arthritis Foundation Cathy	Aqua Bootcamp Kristina	Arthritis Foundation Cathy	Aqua Zumba® Frances			
	7:30 p.m.	Arthritis Foundation Cathy		Arthritis Foundation Cathy				
VIRTUAL	6:30 a.m.			Cardio Kickboxing Catherine			<p>Access the Virtual Class schedule on the LifeStyles Mobile app for meeting ID, password, and link.</p> <p>Search "Akron General LifeStyles" in your app store.</p>	
	8:00 a.m.					Kickbata Molly		
	9:30 a.m.	Zumba® Frances						
	5:30 p.m.		HIIT Molly		Barre Fusion Amy			
	7:00 p.m.	PiYo Molly						

- Please remember to **SOCIAL DISTANCE** before, during, and after class
- Aqua class capacity is limited – Let the front desk know you are there for an aqua class
- Find some of your favorite instructors online!
 - Try our virtual classes by going to the LifeStyles app.

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

1. Parent/guardian must be participating in the class with children 13 to 15.
2. Class size may be limited to protect the safety of members. Schedule subject to change.

The LifeStyles App hosts the current Group Fitness Class schedule. Available for iOS and Android



Aqua Classes

- Arthritis Foundation** Conducted in the warm water to reduce arthritis pain while providing gentle resistance to build strength and support joints. The ability to swim is not required.
Intensity: low. Duration: 50 minutes
- Aqua Bootcamp** Be challenged by the resistance of the water. This high intensity, fast-paced program based on speed, power, and strength is great for adults, athletes, and anyone looking for a new exercise challenge.
Intensity: moderate to high. Duration: 45 minutes
- AquaRx** AquaRx provides a low impact, high energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones the entire body.
Intensity: low to moderate. Duration: 45 minutes
- In the Deep** A deep water workout emphasizing cardio fitness, core strength and flexibility. Aqua belts and noodles are provided.
Intensity: moderate to high. Duration: 45 minutes
- Aqua Zumba®** Known as the Zumba "pool party," splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class that's exhilarating beyond belief.
Intensity: low to moderate. Duration: 45 minutes

Cardiovascular Endurance

- LifeFit** A 60-minute class designed for ages 65+ that works on balance, cardio, strength, and flexibility. Class is performed with a chair. Blood pressure/oxygen levels are recorded before class. **Intensity: low. Duration: 60 minutes**
- Cycle** "Geared toward all fitness levels on specially designed indoor cycles. Class may include endurance and race day training.
Intensity: low to high. Duration 45 minutes
- Cycle Circuit** Class may include strength, endurance, and race day training intervals.
Intensity: low to high. Duration 45 minutes
- Cycle'n'Shred** Alternate your time between cycling in studio 1 and strength/endurance work in studio 2 for a high fat burning intervals workout.
Intensity: low to high. Duration 45 minutes
- Cardio Crush** Consists of all cardio intervals using multiple cardio machines on the fitness floor and bodyweight only exercises. Improve your endurance and heart health and watch the time fly by!
Intensity: moderate to high. Duration: 45 minutes
- Zumba®** There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and exhilarating. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged.
Intensity: moderate. Duration: 60 minutes

Muscular Strength and Endurance

- 15/15/15** 20 minutes cardio, 20 minutes strength, 15 minutes core.
Intensity: low to high. Duration: 45 minutes
- Cardio Sculpt** An easy to follow, challenging workout for ALL fitness levels that incorporates cardio, strength and core training intervals.
Intensity: low to high. Duration: 45 minutes
- Tabata Bootcamp** A physical and mental challenge that will increase your metabolism and muscular endurance using intervals of intense work followed by recovery periods.
Intensity: moderate to high. Duration: 45 minutes
- HIIT** Consists of cardio intervals with strength segments to spruce up your exercise routine! Learn how to increase strength, improve endurance, and feel good while you burn calories and increase energy!
Intensity: moderate to high. Duration: 45 minutes
- Strength Core** Get to the core of strength training. Challenge your body with 25 minutes of strength exercises, followed by 20 minutes of all core to build strength and stability.
Intensity: moderate to high. Duration: 45 minutes
- Barbell Strength** Focusing on muscle isolation to achieve muscular strength and endurance, this barbell class will sculpt, tone, strengthen and transform your entire body.
Intensity: moderate to high. Duration 45 minutes
- PiYo™** PiYo™ is a unique class designed to build strength and gain flexibility. It is fun, challenging and will make you sweat! It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.
Intensity: moderate. Duration: 45 minutes
- Barre Above®** Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you in absolutely amazing shape.
Intensity: low to moderate. Duration: 45 minutes
- Core Focus** Strengthen the abs, back, glutes, and more to enhance core strength, followed by a light stretch to increase flexibility.
Intensity: low to moderate. Duration: 45 minutes

Mind/Body

- YogaRx** 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. Duration: 45
- Yoga Gold** For everyone, but geared for ages 55+. Yoga Gold can be performed on chairs and may include meditation.
Intensity: low to moderate. Duration: 45 minutes
- 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.
Intensity: moderate. Duration: 45 minutes