



Cleveland Clinic

Akron General
LifeStyles

GROUP EXERCISE

Class Schedule

September - December 2022

Cleveland Clinic Akron General Health & Wellness Center, Stow

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	6:00 a.m.		Cycle Roger		Cycle Roger			
	9:00 a.m.		LifeFit Kayla		LifeFit Kayla			
	9:15 a.m.						Cycle Roger	
	4:45pm	Cycle 45 – Rhythm Ride FOD		30 min Kickboxing FOD		Cycle 45 – Rhythm Ride FOD		
	5:45 p.m.		*Cardio Strength Kimberly					
	6:45 p.m.		Yoga 30 FOD		Yoga 30 FOD			
STUDIO 2	6:00 a.m.	HIIT Kayla		HIIT Kayla		Cardio Crush Kayla Fitness Floor		
	8:15 a.m.	ZUMBA® Lorena		ZUMBA® Lorena			HIIT Kimberly	
	9:15 a.m.							Barre Above® Alexis
	9:30 a.m.		Tabata BC™ Yanette	STRONG Yanette	Cardio Sculpt Yanette	YogaRx Alexis		
	10:05 a.m.							ZUMBA® Lorena
	10:25am		Life in Motion: Flexibility Yanette					
	10:30 a.m.	Yoga Gold Shari	Studio 2 Reserved-Sports Performance 11a-11:30a	Yoga Gold Shari	Studio 2 Reserved-Sports Performance 11a-11:30a		Studio 2 Reserved- Sports Performance 11a-11:30a	
	11:20 a.m.	Pilates Mat Shari		Pilates Mat Shari				
	4:45 p.m.				Bootcamp Christy E			
	5:00 p.m.		Studio 2 Reserved-Sports Performance					
	5:30 p.m.	15/15/15 Renelda		Strength Core Renelda				
	5:45 p.m.		*Cardio Strength Kimberly		Cycle Strength Renelda			
	6:30pm			ZUMBA® Lorena				
POOL	9:30 a.m.	Aqua Bootcamp Sally		AquaRx Sally				
	10:30 a.m.		AquaRx Sally		Aqua Zumba Amy	Aqua Barre Alexis		
	6:30 p.m.	Arthritis Foundation Cathy		Arthritis Foundation Cathy				
	7:00 p.m.		S'WET Sally		S'WET Sally			
	7:30pm	Arthritis Foundation Cathy						

Download the Akron General LifeStyles app for the most up-to-date schedule

*Tuesday Cardio Strength may be in Studio 1 if bikes are used for class.



Scan to visit our website!

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**
- 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**
- Aqua Barre** Fusing the best of stretching, Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do against the resistance of the water 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**
- S'WET** This program is designed to incorporate unique blocks of activity, each with a specific purpose, focused on HIIT, strength, and advanced cardio training. **Intensity: moderate to high. 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**
- Life in Motion: Flexibility** Life in Motion: Flexibility is about learning dynamic stretching strategies to best recover from your workouts to optimize your recovery. The class will cover a head-to-toe stretch flow geared towards all levels that will increase your flexibility. Modifications will be provided as needed. **Intensity: low to moderate. Duration 30 minutes**

Fitness On Demand – Scheduled Classes

- Cycle 45 – Rhythm Ride:** Follow the FOD instructors on this Rhythm Ride, focused on endurance training, intervals and speed. Fun playlist so you can RIDE to the Rhythm. **Intensity: low to high. Duration 45 minutes**
- 30 min kickboxing:** Kick your calorie burn up a notch with this kickboxing workout. Moderate to high intensity work to get your heart rate up and sculpt your body with the FOD instructors. **Intensity: Moderate to High Duration: 30 minutes**
- Yoga 30:** For everyone, consistently challenge your body to get stronger and fit with recovery. Structured with stretching, breathing, poses and at times props such as towels or foam rollers follow our FOD instructors to a more balanced and relaxed you. **Intensity: low to moderate. Duration: 30 minutes**

Muscular Strength and Endurance

- 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**
- STRONG** Improve full-body strength by progressively increasing weight-bearing muscle recruitment. Start anytime to make beneficial changes to your physique and strength. This class will sculpt, tone, and transform your entire body making you STRONG! **Intensity: Moderate to High Duration: 45 minutes**
- Bootcamp Burn** Incorporating the HIIT principal this fun and challenging class is designed to target the entire body, utilizing weights, bands, bodyweight exercises and more to burn excess fat while building muscular strength, endurance and functional fitness. **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**
- 15/15/15** 15 minutes cardio, 15 minutes strength, 15 minutes core. **Intensity: low to high. Duration: 45 minutes**
- Cardio Strength** Combining high intensity cardio intervals with challenging strength exercises for the ultimate fat burning experience, this class will have you sweating and loving it! **Intensity: low to high. Duration: 45 minutes**
- Cycle Strength** Increase your cardio endurance and strength in this class! This class will burn fat and build muscle using our indoor cycles paired with weight bearing strength exercises to **Intensity: low to high. Duration 45 minutes**
- Strength Core** Consisting of challenging strength exercises and core training intervals. This fun and challenging class will help you build muscular strength, endurance and provide you a stronger CORE all the way around. **Intensity: low to moderate. Duration: 45 minutes**
- Barre Above® and Barre Above® Xpress** 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**

Cardiovascular Endurance

- LifeFit** The low-impact, whole body group fitness workout that uses dumbbells, body weight, bands, and more to boost every day fitness. **Intensity: low. Duration: 45-60 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**
- 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: 45 minutes**

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

1. Parent/guardian must be participating in the class with dependents 13 to 15.