



Cleveland Clinic

Akron General LifeStyles

GROUP EXERCISE

Class Schedule May – August 2024

Cleveland Clinic Akron General Health & Wellness Center, Stow

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	6:00 a.m.		Sunrise Cycle Roger		Sunrise Cycle Roger			
	9:00 a.m.		LifeFit Fit Desk Rotation		LifeFit Fit Desk Rotation			
	9:15 a.m.						Cycle Jay	Cycle 360 Jay
	5:30 p.m.				*Cardio Strength Kimberly			
	5:45 p.m.	Power Up Erin						
	6:45pm		YogaRx Laura					
Studio 2	6:00 a.m.	HIIT Ben		HIIT Jay		Cardio Crush Heather		
	8:15 a.m.	ZUMBA® Lorena		ZUMBA® Lorena			HIIT Kimberly	
	8:30 a.m.		YogaRX Beth		YogaRX Beth			
	9:05 a.m.						Summer Pop Up Rotation**	
	9:15 a.m.					Core & Restore Erin		Barre Above® Alexis
	9:30 a.m.	Burn, Build, Define Lydia	Tabata BC™ Yanette	STRONG Yanette	Cardio Sculpt Yanette			
	10:15 a.m.						Strength Core Jay	ZUMBA® Lorena
	10:25 a.m.		Mobility Flow Yanette					
	10:30 a.m.	Yoga Gold Shari		Yoga Gold Shari				
	11:20 a.m.	Barre Above Shari	Zumba Gold® Lorena 11:30 a.m.	Chair Yoga Shari		Chair Zumba® Frances 11:30 a.m.		
	5:30 p.m.	15/15/15 Renelda	Cardio Strength Renelda	Strength Core Renelda	*Cardio Strength Kimberly			
	6:30 p.m.	Power Yoga Cassandra	WerQ Shana	ZUMBA® Lorena				
	6:45 pm				Chair Yoga Jessica			
POOL	9:30 a.m.	Aqua Zumba® Lorena		Aqua Zumba® Lorena				
	10:30 a.m.		AquaRX Lorena			AquaRX Frances		
	11:30 a.m.						Arthritis Foundation Alexis	Aqua Zumba® Lorena
	6:30 p.m.	Arthritis Foundation Cathy		Arthritis Foundation Cathy	AquaFIT Mary		Scan to visit our website! 	
	7:00p.m.		AquaFIT Mary					
	7:30 p.m.	Arthritis Foundation Cathy		Arthritis Foundation Cathy				

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

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

**See Fliers for Summer Pop Up Rotation Schedule June-August

Dependents age 13 to 17 may attend GEX classes under the following conditions: Parent/guardian must be participating in the class with dependents 13 to 15.

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:** This class 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 amazing shape. **Intensity: low to moderate. Duration: 45 minutes**
- Aquafit:** combining traditional fitness classes with the benefits of water to build muscular strength, increase flexibility, and enhance cardiovascular fitness in a high intensity, joint friendly, and body positive environment. Be prepared to burn calories and have a great time getting fit. **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 minutes**
- 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**
- Gentle Yoga:** A relaxing all-level yoga. If you're looking for a restful class that focuses on restoring flexibility and/or working deeply into joints and tissues that are "locked up" from past injuries or from repetitive motion. **Intensity: low. Restful & peaceful. Duration: 45 minutes**
- Every Body Yoga:** A carefully structured series of stretches, moves, and poses to music creating a holistic workout that brings the body into a state of harmony and balance for all bodies. This format is created to be Accessible to all bodies using props and modifications. **Intensity: low. 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**
- Mobility Flow:** Mobility Flow 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 mobility. Modifications will be provided as needed. **Intensity: low to moderate. Duration 30 minutes**
- Chair Yoga:** In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits include increased mobility, strength, stretch, reduce stress, reduce pain & clear the mind. Promotes healing & is for all ages! **Intensity: Low to Moderate. 45 minutes** *chairs provided in studio*
- Power Yoga:** Through quick movements and long holds, power yoga is designed to increase your heart rate, strengthen your muscles, and build endurance, plus improve your flexibility and balance. **Intensity: Moderate to High. 45 minutes**
- Core & Restore:** This class is designed to build core muscle groups while improving posture and mobility through performing a variety of exercises that strengthen the abdomen and back muscles. Using a variety of movements you might not already be familiar with, such as dynamic stretches, bodyweight exercises, yoga, and Pilates. **Intensity: Moderate. 55 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**
- 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**
- 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**
- Build, Burn & Define** This functional fusion of strength, training and resistance exercises will have you building muscle, burning calories, and defining your health. Through aerobic, body weight and weightlifting. Pull and push your way into a great workout. All levels welcome. **Intensity: Moderate to Intense. 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 amazing shape. **Intensity: low to moderate. Duration: 45 minutes**
- Power Up:** In this Strength focused class, we use a variety of heavy to moderate resistance to build strength so you can define your muscles and shed fat all in one workout. Most major muscle groups are worked with specific education to ensure posture, control, form, and RESULTS! **Intensity: Moderate. 45 minutes**

Cardiovascular Endurance

- LifeFit:** The low-impact, whole body group fitness workout that uses dumbbells, body weight, bands, and more to boost everyday fitness. **Intensity: low. Duration: 45-60 minutes**
- Sunrise Cycle:** "Geared" with a mixture of intermediate and advanced drills. Open to all fitness levels on specially designed indoor cycles. This class will give you the workout you desire first thing in the morning! Come prepared to work and SWEAT. Class may include endurance and race day training. **Intensity: low to high. Duration 45 minutes**
- Cycle 360:** This cycle format is keeping you guessing and engaged every class... Cycle 360 includes cycle, core, and weights in any or all of its classes! You will never know what you are going to do each week! **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 to High. Duration: 45 minutes**
- Zumba Gold®:** Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. All levels welcome, recommended for Active older adults who are looking for a modified Zumba® class or beginners to Zumba® **Intensity: Low to moderate. Duration: 45 minutes**
- WERQ Fitness®:** WERQ® is a wildly addictive cardio dance workout with athletic moves based on trending pop and hip-hop music. Judgement-free, good vibes and a great sweat! **Intensity: Moderate to High. Duration: 45 minutes**
- Chair Zumba®:** With easy-to-follow Zumba choreography adapted for chair exercise. Each class is adjusted to fit the ability and range of motion of the participants. Have fun and no dance experience is needed. This class is perfect for those looking to increase their activity in an inviting, safe, and fun environment. **Intensity: Low to moderate. Duration: 45 minutes**