



Cleveland Clinic

Akron General LifeStyles

GROUP EXERCISE

Class Schedule

June 1 - August 31, 2025

Cleveland Clinic Akron General Health & Wellness Center, STOW

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	6:00 am		Cycle Jay		Cycle Roger			
	9:00 am		LifeFit Fit Desk Rotation		LifeFit Fit Desk Rotation			
	9:15 am						Cycle Jay	Cycle 360 Jay
	5:30 pm				*Cardio Strength Kimberly			
	6:45 pm		YogaRx Laura		Chair Yoga Jessica			
STUDIO 2	6:00 am	HIIT Ben		HIIT Jay		HIIT Heather (Gym full court)		
	8:00 am	ZUMBA® Lorena		Body Blast Mary				
	8:15 am						HIIT Kimberly	
	8:30 am		YogaRx Mary		YogaRx Mary			
	9:00 am	Body Blast Kimberly/Gail						
	9:15 am							Barre Above® Alexis
	9:30 am		Tabata BC™ Yanette	STRONG Yanette	Cardio Strength Yanette			
	10:15 am						Precision Strength Jay	ZUMBA® Lorena
	10:25 am		Mobility Flow Yanette					
	10:30 am	Yoga Gold Shari		Yoga Gold Shari				
	11:20 am	Barre Above Shari	Zumba Gold® Lorena 11:30 am	Chair Yoga Shari				
	5:30 pm	15/15/15 Renelda	Cardio Strength Renelda	Precision Strength Renelda	*Cardio Strength Kimberly			
	6:30 pm	Dance Fitness Christine	WerQ Shana					
	9:30 am	Aqua Zumba® Lorena		Aqua Zumba® Lorena				
POOL	10:00 am						Healing Waters Brooke	
	10:30 am		AquaRX Lorena		Aqua Deep Susan			
	11:30 am							Aqua Zumba® Lorena
	6:30 pm	Arthritis Foundation Cathy		Arthritis Foundation Cathy	AquaFIT Mary		Scan to visit our website! 	
	7:00 pm		AquaFIT Mary					
	7:30 pm	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

- All classes listed on the schedule are FREE with your membership
- Children ages 13 to 17 may attend GEX classes under the following conditions: Class start time is within LifeStyles dependent hours & Parent/guardian must be participating in the class with children ages 13 to 15

Aqua Classes

Aqua Deep: This unique deep-water workout that harnesses the buoyancy of the water to deliver a full-body, low-impact exercise experience. Using flotation devices. This class enhances strength, flexibility, and cardiovascular fitness without the need for swimming skills. Perfect for all fitness levels. *Intensity: 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. *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*

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*

Healing Waters: Experience – Deep inner warmth...Pain relief...Relaxation...Stress relief...Improved range of motion...Gentle movements. *Intensity: just right! Duration: 45 minutes*

Cardiovascular Endurance

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! 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*

Dance Fitness: You'll groove to invigorating beats while improving cardiovascular endurance, flexibility, and coordination. Experience a full-body workout that combines high-energy choreography with strength-building movements, boosting your metabolism and elevating your mood. *Intensity: moderate to high. Duration: 45 minutes*

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*

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*

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*

Muscular Strength and Endurance

15/15/15: 15 minutes cardio, 15 minutes strength, 15 minutes core. *Intensity: low to high. 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*

Body Blast: This functional fusion body weight movements, interval training and resistance exercises will have you building muscle, burning calories, and defining your health. Blast your way into a great workout. All levels welcome. *Intensity: Moderate to Intense. 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*

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*

Precision Strength: Optimize your workout efficiency with this challenging muscular endurance program that utilizes compound exercise for multiple groups. Boost functional strength, balance and coordination. *Intensity: low to moderate. 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*

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*

Mind/Body

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. Duration: 45 minutes* *chairs provided in studio*

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*

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*

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*