



LOCATIONS

BATH

4125 Medina Road | Akron, OH 44333

330.665.8100

GREEN

1940 Town Park Boulevard | Uniontown, OH

44685

330.896.5000

STOW

4300 Allen Road | Stow, OH 44224

330.945.3100

akrongeneral.org/lifestyles

 **LIFESTYLES**

**AKRON GENERAL
HEALTH & WELLNESS CENTER**

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Welcome

You can find Cleveland Clinic Akron General LifeStyles information online – regular and holiday hours, group exercise and aquatic schedules and much more! See upcoming special events, request a personal training session with your favorite trainer or request nutrition support with a registered dietitian. We've also created a place for you to give us your feedback about what's most important to you! Visit akrongeneral.org/lifestyles.

Department phone numbers

	BATH	GREEN	STOW
Aquatics	330.665.8131	330.896.5007	330.945.3131
Babysitting	330.665.8134	330.896.5014	330.945.3141
Fitness	330.665.8107	330.896.5017	330.945.3107
Front desk	330.665.8100	330.896.5000	330.945.3100
Group exercise	330.665.8130	330.896.5004	330.945.3130
KidStyles	330.665.8132	330.896.5014	330.945.3141
Membership manager	330.665.8156	330.896.5001	
Membership representative	330.665.8108	330.896.5002	330.945.3180
Member services	330.665.8105	330.896.5003	330.945.3120
Personal training	330.665.8140	330.896.5006	330.665.8140
Pro shop	330.665.8100	330.896.5000	330.945.3100
Recreation	330.665.8139	330.896.5007	330.945.3141
Community Access and Wellness	330.665.8175		
Dietitian	330.665.8022		

Hours of operation

General hours

Monday-Friday	5:30 a.m. - 10 p.m.
Saturday	7 a.m. - 6 p.m.
Sunday	8 a.m. - 6 p.m.

Dependent hours

Dependents are defined as being ages 23 or younger and are paying a reduced rate as part of a family membership. Dependents 17 and under may only utilize the facility during the following hours:

Monday - Thursday	9 -11 a.m. / 3 - 5:30 p.m. / 7:30 - 10 p.m.
Friday	9 - 11 a.m. / 3 - 10 p.m.
Saturday & Sunday	9 a.m. - 6 p.m.

Important information

Member orientation

All new members are encouraged to attend. This program gives you an opportunity to meet our staff and learn about programs and the facility. Our fitness manager presents components of a successful exercise program and provides nutritional guidelines approved by registered dietitians as they relate to health and exercise.

Please check with your location for dates, times and room assignment.

Member newsletter

A LifeStyles member newsletter will be mailed to your home three times a year. Please confirm that membership has your current address on file.

Member satisfaction survey

LifeStyles members receive a survey once a year. In order for us to continually improve our services and programs, we ask that you take a moment to complete and return the survey.

Monthly e-newsletter

LifeStyles offers a monthly e-newsletter that allows us provide current news and updates to all members. If you gave us your email at the time of membership sign up, you're already registered to receive the email. If you did not and would like to sign up, stop by the front desk and fill out a registration form. The information you provide us will not be shared with any other organization.

LifeStyles mobile app

LifeStyles offers a mobile app for Apple and Android users to keep members up-to-date with events and programs throughout the facility. Access current group exercise schedules, participate in workout challenges, record workouts, set fitness goals and receive event notifications all through your phone. Download the app by searching "Akron General LifeStyles" in the Play Store or iTunes.

Guests

Guest passes – Day passes for guests are available for adults age 18 and up and children under age 18. All guests are required to be accompanied by a LifeStyles member. Please bring valid photo I.D.

Member/Guest days – The perfect opportunity to bring in family and friends interested in becoming a LifeStyles member. We designate nine Sundays throughout the year for members to bring a guest with them to enjoy LifeStyles for free.

February 10	September 1
March 17	October 27
May 12	November 24
June 16	December 22
June 30	

Referral rewards program

This program is available to all LifeStyles members at all times throughout the year. It is a great way to reward you for recommending the healthy habits of exercise to your friends and family. Please contact membership at any LifeStyles facility for more information.

Corporate memberships

Corporate membership options provide businesses the opportunity to offer LifeStyles memberships and wellness programs to employees.

Reciprocity

Members have full access to LifeStyles facilities at the Akron General Health and Wellness Centers in Bath, Green and Stow.

MFA travel pass program

Through our partnership with the Medical Fitness Association (MFA), LifeStyles members can access other MFA health and fitness centers across the country. The program further reinforces our commitment to making a healthy lifestyle easier for our traveling members on the road. Please see the front desk for more details and a listing of participating medical fitness centers.

Babysitting and KidStyles

Babysitting

Available for children ages 6 weeks to five years old, at no cost, with Family Memberships. Infants ages 6 weeks to 1 year are allowed a maximum of two hours of babysitting per day and children over one year may utilize the babysitting services for up to three hours per day. For the safety of your child, we keep an information card on file that you complete on your initial visit. Please notify us if that information changes. Diapers and drinks must be provided by the parent. Please refrain from bringing food into babysitting.

Bath

Monday - Friday	8 a.m. - 8:30 p.m.
Saturday	8 a.m. - 1 p.m.
Sunday	10 a.m. - 12 p.m.

Green and Stow

Monday - Friday	8 a.m. - 8:30 p.m.
Saturday	8 a.m. - 5 p.m.
Sunday	9 a.m. - 5 p.m.

KidStyles

A supervised play area for youth ages 5-12 years old. Usage of this area is free for children included on family memberships.

A nominal fee is associated with children who are a guest of a member. Non-members must check in through Babysitting or pay the guest fee at the front desk. Children engage in activities such as rock wall climbing, circuit training, gym activities, group games, jump rope and free play.

Please note: Gum, candy and soda are not permitted in the babysitting and KidStyles area.

Bath

School Year

Monday - Friday	3:30 - 8:30 p.m.
Saturday	9 a.m. - 5 p.m.
Sunday	9 a.m. - 5 p.m.

Spring break and additional summer hours (Bath only)

Monday - Friday	9 a.m. - noon
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Green and Stow

Monday - Friday	8 a.m. - 8:30 p.m.
Saturday	8 a.m. - 5 p.m.
Sunday	9 a.m. - 5 p.m.

Parent-supervised pre-school play time (Bath only)

Parents are welcome to utilize the KidStyles area with their pre-school age children during the day. Parents must remain in KidStyles to supervise their children.

Family fun night

Every Friday night, families are encouraged to participate in unrestricted dependent hours from 3-10 p.m. At this time, families can enjoy open gym, swimming, the rock wall and more!

Kids' camps

A variety of camps for children and young adults ages 3-14 years old will be offered throughout the year. Discounts may be available for early registration and payment made before the specified deadline. Check out the flyer racks for more information.

Recreation activities

Rock Wall

For a full-body workout that increases body awareness, builds strength and confidence, try the wall!

Green

Wednesday - Friday 7:30 - 8:30 p.m.

Saturday 4:30 - 5:30 p.m.

Bath

Friday 5:30 - 7:30 p.m.

Saturday 1 - 3 p.m.

Sunday 11 a.m. - 1 p.m.

Stow

Friday 5:30 - 7:30 p.m.

Sunday 11 a.m. - 1 p.m.

For your safety, a certification class is required if members want to utilize the rock wall at their own convenience. The class is offered to any member age 16 and over. Certification covers equipment use, safe climbing strategies and policies. Two certified members can use the wall at any time. Certified adults can supervise their own children on the rock wall during dependent hours. Staff supervised open climbing times are scheduled to accommodate the needs of others. Please call to make an appointment to get certified.

Birthday parties

Does someone you know have a birthday coming up? There isn't a better place in town than LifeStyles to host a party! Choose from our packages or design your own 'a la carte' options to create the perfect birthday celebration. Birthday parties that use the gymnasium are typically scheduled on a Saturday or Sunday between 12 - 5 p.m. and one half of the gymnasium will be closed to accommodate the party.

Special programs

Watch the flyer racks, the website and the scrolling screens on the exercise floor for these special recreational activities scheduled throughout the year:

- Themed holiday parties
- Parents' night out programs
- Kids' camps

Gymnasium and basketball court

Open gym and dependent open gym

The gymnasium is a multi-purpose area available during all hours of LifeStyles operation. Activities listed below as well as special programs, will be scheduled by the Recreation Department. Throughout the day and during most scheduled programs, at least half of the gymnasium will be available for self-supervised or parent-supervised activities. Any special equipment can be obtained by notifying the recreation staff 24 hours in advance. Dependent hours apply for youth wishing to use the gymnasium. (see pg. 2) Occasionally, the gymnasium will be closed for special events. Please check the bulletin board for upcoming closings.

Pick-up basketball/volleyball/ pickleball

These open gym, sport-specific team games will be played on a first-come, first-served basis. Teams will play to a specified number of points. The winners will remain on the floor to play the next team. Ongoing pick-up games will occur during the lunch hours.

Basketball – full court pick-up

Bath

Mon.-Thurs.	12 - 1 p.m.
Monday	5:30 - 7 p.m.
Wednesday	5:30 - 7 p.m.
Saturday	7 - 9 a.m.

Green

Tuesday	7:15 - 9:30 p.m.
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Stow

Thursday	8:30 - 10 p.m.
Sunday	10 a.m. - 12 p.m.

Pickleball – pick-up

Green

Friday	9 - 10 a.m.
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Stow

Wednesday	9 - 11 a.m.
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Volleyball – pick-up

Bath

Thursday	7:30 - 10 p.m.
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Green

Monday	7:30 - 9:30 p.m.
Wednesday	9 - 10 a.m.

Stow

Tuesday	7:30 - 9:30 p.m.
Thursday	9 - 10 a.m.

Fitness programs

Physical fitness assessment and exercise prescription

Our degreed exercise specialists offer two, one-hour sessions, which includes:

- Cardiopulmonary fitness test
- Muscular strength and flexibility test
- Blood pressure check
- Height, weight and body fat check
- 24-hour nutrition analysis
- Personalized training program
- Tips on the correct way to operate equipment

Members are encouraged to get a new assessment every six months and exercise prescription every two to three months, which is included free with your membership.

Personal training

Go one-on-one with a credentialed personal trainer who motivates and coaches you through focused, individualized exercise sessions. See our LifeStyles personal training brochure for questions and answers regarding personal trainers, credentials and fees. For more information, contact a Personal Training Coordinator.

Team training

LifeStyles offers Team Training programs in a variety of formats. Teams meet weekly or bi-weekly to perform exercises geared toward the program goals. Formats offered and length of sessions vary. Team Training is for groups of 3-5 people. No make-up sessions are available for missed sessions. Please check with the fitness staff or contact a Personal Training Coordinator.

Exercise consistency club

It is easy to enroll and a great way to keep track of your exercise routine/history. Accumulate 200 points on a monthly basis by utilizing our fitness app. Points are awarded for aerobic and strength workouts. Stop by the fitness desk for more information and to receive your log-in id. Included free with membership.

Incentive programming

Members are invited to participate in various programming options to encourage regular exercise consistency. Please see an exercise specialist at the fitness desk for more details.

Teen certification

Teenagers ages 13–15 years old under family memberships must complete a Youth Fitness Certification class if they would like to use adult fitness equipment during dependent hours. Stop by the fitness desk at any location to schedule an individual appointment.

Game Changer: The Ultimate in Personal Transformation

A life-changing seminar about how to achieve permanent weight loss. The information is a must for anyone wishing to change the way they look and feel no matter what their goals might be. Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen. Reservations recommended. Contact a Personal Training Coordinator.

Group exercise classes

For the entire group exercise schedule, please go online, see the front desk or access the LifeStyles app.

LifeStyles group exercise classes are designed to help you achieve your prescribed fitness and wellness goals. An exercise specialist would be happy to review your file and recommend classes that will help you. No prior group exercise experience is necessary for participation.

Advance sign in is neither necessary nor permitted with the exception of specialty (pre-registration required) classes and certain equipment-based classes such as Group Cycling or barbell classes. Most classes require proper athletic footwear. Please change out of street shoes into indoor athletic training shoes prior to entering the studio. Cycling shoes may NOT be worn into the studio; cycling participants may change into cycling shoes only after they are on their cycling mat. Only cycling shoes with recessed cleats are permitted. Yoga and Pilates participants may remove their shoes at the door of the studio but must wear shoes to and from class.

All classes are 40-55 minutes in duration unless otherwise noted. For your health and safety, it is very important to perform the warm-up at the beginning of each class; therefore, no one will be admitted into class after the first 10 minutes. It is highly recommended that all participants remain in the class for its entirety to ensure a safe and proper cool-down. Some class formats are unique to one center. Class availability is subject to change based on interest and class size.

Cardio endurance classes

A variety of conditioning classes designed to challenge the cardiovascular system and improve one's endurance. Cardio classes include low impact, Zumba®, interval, kickboxing, Tabata Bootcamp™ and more.

Group cycling classes

Provides moderate-to-high intensity workouts on a stationary cycle that simulates a road bike. New riders are asked to consult the instructor for appropriate bike settings and modifications.

Muscular strength/endurance classes

Strength and endurance classes include progressive, periodized and pre-choreographed classes such as PumpRx and classes focusing on improving balance.

Mind-body classes

Programming includes a variety of yoga, pilates, aquatic and flexibility training methods. Many of these classes are included in membership. We offer a variety of classes in our main studios, mind-body studios and pools.

Aquatic group exercise classes

A variety of aquatics class formats ranging from therapeutic to high intensity are offered in our lap, leisure, and warm water pools. Flotation devices such as aqua noodles, hand buoys and aqua belts are available for use in the pool area. Members do not need to know how to swim in order to enjoy these classes.

Specialty programs and training

Programming includes individual, duo and small group training for an additional fee. Formats include Pilates Reformer, Restorative Yoga, boot camp and more. Contact the group exercise coordinator for more information.

Aquatics

For the entire aquatics and pool schedule, or for registration information, go online or see the front desk.

Lap pools

Our six-lane lap pool is heated and available during all hours of operation. Dedicated lanes are open for lap swimming, leisure swim and structured programs. Every attempt will be made to keep one to two lap lanes open. Dependents can only use the pool during dependent hours and must be accompanied by an adult. The lifeguard has the authority to grant dependents, under 16, permission to swim without an adult based on evaluation of swimming skills. A lifeguard is on duty at all times. Seventy-two lengths of the pool equal one mile.

Therapy pools

The therapy pools are reserved primarily for patients of the Sports Medicine and Physical Therapy programs. LifeStyles members can use these pools on a limited basis outside of patient hours. Please check with the aquatics departments for more information on members' use of these pools.

Leisure pool (Green and Stow)

This mid-temperature, mid-size pool is ideal for play, relaxation, group exercise classes, swimming lessons and more. The unique spray features add a sense of calm or an air of excitement.

Special programs

Throughout the year, the Aquatic Department will schedule special programs to meet the needs and requests of our LifeStyles members and the community, including:

- SCUBA diving certification courses
- Red Cross lifeguard training/water safety instruction & CPR courses
- Swim camps
- Stroke technique clinics
- Pool parties
- Swim cinema (movies in the pool area)
- Safety training workshops
- Swim incentive programs

Red Cross swim lessons

Swim lessons are held throughout the year. Registration begins two weeks prior to the beginning of each session. Swim lessons include Red Cross parent/child classes, Red Cross levels I–VI, and adult beginner and intermediate classes.

SEALS swimming

The Swimming Elite At LifeStyles (SEALS), a youth non-competitive swim training program, practices throughout the year in the LifeStyles lap pool. The focus of SEALS is to increase speed, stroke development, teamwork and fun!

High school swimming

LifeStyles is proud to be the home pool for their local high school swim teams. Practices run Monday through Friday from November to February. For your convenience, these dates, times and swim meet schedules will be posted in the pool area and at the front desk.

Community Access and Wellness

Nutrition orientation

Learn basic nutrition principles at the new member orientation. Contact the LifeStyles front desk for specific dates and times. New members also receive a complimentary 24-hour nutritional analysis to assist with meal planning. For more information, call 330.665.8022.

Nutrition services

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Wanting increased energy and stamina? Our registered dietitians offer nutrition consultations to help you reach your goals and improve your quality of life. Available at all Akron General health and wellness centers. For more information or to schedule a session, please call 330.665.8022.

Meal Planning Made Easy

Biometrics is a meal planning program designed to help you achieve your wellness goals by following a meal plan created by registered dietitians and consulting chefs. This web-based program creates a personalized meal plan based on an appropriate calorie level for you. You'll receive a detailed meal plan for three meals and three snacks for each day, grocery shopping lists and healthy recipes. Please call 330.665.8022 for more information.

LiteStyle program - 10 weeks to a healthier body

Look better. Feel better. LiteStyle is an exercise and nutrition program that changes your lifestyle in 10 short weeks. You will be instructed by a registered dietitian and certified personal trainer, who show you everything from working out to dining out. LifeStyles members receive a reduced program fee. For more information, call 330.665.8022.

Corporate programs and wellness

Community Access and Wellness is able to provide quality, cost-effective preventive services directly to the community. We offer a wide array of programs on-site, at your company or at a health and wellness center. Please call 330.665.8175 to see what we can design for your company.

Health education topics

A variety of health, lifestyle and wellness topics can be presented at your organization in one-hour formats.

Health fairs

Various services and screenings can be offered on-site at your organization's health fair such as cholesterol screening, lipid profiles, glucose testing, blood pressure and much more.

Cholesterol/HbA1C screenings

Community Access and Wellness provides this screening two times per month at each LifeStyles facility, as well as various other Akron locations. Please watch for the schedule of dates and times or pick one up at any LifeStyles facility. Four different types of screenings are available to test cholesterol. Call 330.665.8175 for screening fees.

NuFit:

FREE Nutrition and Fitness Education for a new you! Learn all the latest information about nutrition and fitness from a registered dietitian and exercise specialist. The meetings are held from 6 to 7 p.m. and include both a nutrition and fitness topic. Registration recommended.

Bath: 330.665.8100

Green: 330.896.5000

Stow: 330.945.3100

akrongeneral.org/nutrition

Stow Bath Green

	Stow	Bath	Green
Jan.	15	8	22
Feb.	5	12	26
March	5	12	26
April	2	9	23
May	7	14	28
June	4	11	25
July	2	9	23
Aug.	6	13	27
Sep.	3	10	24
Oct.	1	8	22
Nov.	5	12	26
Dec.	3	10	17

Holiday schedule 2019

FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING HOURS
NEW YEAR'S DAY, JAN. 1 8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
MARTIN LUTHER KING, JR. DAY, JAN. 21 5:30 a.m. - 10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	5:30 a.m. - 10 p.m.
PRESIDENTS DAY, FEB. 18 5:30 a.m. - 10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	5:30 a.m. - 10 p.m.
GOOD FRIDAY, APRIL 19 5:30 a.m. - 10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	5:30 a.m. - 10 p.m.
EASTER SUNDAY, APRIL 28 8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
MEMORIAL DAY, MAY 27 8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
INDEPENDENCE DAY, JULY 4 CLOSED			
LABOR DAY, SEP. 2 8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
THANKSGIVING DAY, NOV. 28 5:30 a.m. - 1 p.m.	9 a.m. - 1 p.m.	9 a.m. - 1 p.m.	9 a.m. - 1 p.m.
CHRISTMAS EVE, DEC. 24 5:30 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.
CHRISTMAS DAY, DEC. 25 CLOSED			
NEW YEAR'S EVE, DEC. 31 5:30 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 5:30 p.m.

Local & national recognition

2017

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation, *Club Industry Fitness Business Pro Magazine*

Best Gym by Akron-Canton HOT LIST 2017

2016

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation, *Club Industry Fitness Business Pro Magazine*

Fox 8 News Hot List #1 Fitness Facility in the Akron/Canton Area

2015

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2015

2014

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2014

2013

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Rising Star Award Winner
Central Region Medical Fitness Association Chapter – Brad Higgins, Operations Manager

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2013

2012

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Akron Beacon Journal 2012

Best of the Best – Best Workout Place

Rising Star Award Winner

Central Region Medical Fitness Association Chapter – Scott Crabiel, Personal Training Coordinator

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2012

2011

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2011

2010

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2010

2009

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

Club Industry Best of the Best Award 2009 “Best New Member Integration Program”
Road Map to Fitness
Rising Star Award Winner
Central Region Medical

Fitness Association Chapter - Josh Lamtman, Fitness Manager

Fox 8 Consumer Award Best of Akron-Canton Hot List #1 Health & Fitness Center 2009

Akron Beacon Journal 2009 Best of the Best – Best Workout Place

2008

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

NOVA 7 AWARD: Runner Up Marketing Promotion

MEDICAL FITNESS ASSOCIATION #1 Medically Based Fitness Center over 50,000 square feet

MEDICAL FITNESS ASSOCIATION WINNER
Don Schneider Special Recognition Award - Sue Parker

2007

Excellence in Landscaping Presented by the Stow Community Garden Club (N)

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*

2006

NOVA 7 Award: Certificate Of Excellence - Events, Classes & Community Outreach - LiteStyles Weight Management Program *Fitness Management Magazine*

Top 100 Clubs & Chains in the Nation - #1 Hospital Owned Center in the Nation *Club Industry Magazine*