

2021 HOLIDAY HOURS OF OPERATION

| FACILITY | DEPENDENT | KIDSTYLES | BABYSITTING |
|---|------------------|---|---|
| PRESIDENTS DAY Monday, February 15, 2021 | | | |
| 5:30 a.m. - 10 p.m. | 9 a.m. - 10 p.m. | 8 a.m. - 12:30 p.m. 4 p.m. - 8:30 p.m. | 8 a.m. - 12:30 p.m. 4 p.m. - 8:30 p.m. |
| GOOD FRIDAY Friday, April 02, 2021 | | | |
| 5:30 a.m. - 10 p.m. | 9 a.m. - 10 p.m. | 8 a.m. - 12:30 p.m. 4 p.m. - 8:30 p.m. | 8 a.m. - 12:30 p.m. 4 p.m. - 8:30 p.m. |
| EASTER SUNDAY Sunday, April 04, 2021 | | | |
| 8 a.m. - 2 p.m. | 9 a.m. - 2 p.m. | 9 a.m. - 2 p.m. (B & S) Closed (G) | 9 a.m. - 2 p.m. (B & S) Closed (G) |
| MEMORIAL DAY Monday, May 31, 2021 | | | |
| 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 Sunday, July 04, 2021 | | ALL FACILITIES ARE CLOSED | |
| LABOR DAY Monday, September 06, 2021 | | | |
| 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 Thursday, November 25, 2021 | | | |
| 5:30 a.m. - 12 p.m. | 9 a.m. - 12 p.m. | 9 a.m. - 12 p.m. | 9 a.m. - 12 p.m. |
| CHRISTMAS EVE Friday, December 24, 2021 | | | |
| 5:30 a.m. - 2 p.m. | 9 a.m. - 2 p.m. | 9 a.m. - 2 p.m. | 9 a.m. - 2 p.m. |
| CHRISTMAS DAY Saturday, December 25, 2021 | | ALL FACILITIES ARE CLOSED | |
| NEW YEAR'S EVE Friday, December 31, 2021 | | | |
| 5:30 a.m. - 2 p.m. | 9 a.m. - 2 p.m. | 9 a.m. - 2 p.m. | 9 a.m. - 2 p.m. |

Bath (B) Green (G) Stow (S)



2021 Program Schedule

Cleveland Clinic Akron General recognizes the benefits of wellness and prevention as a part of your good health. We're available to work with you on making lifestyle changes, including: fitness, eating healthier, strengthening your heart, lowering cholesterol, weight loss or trying a new activity.

Our degreed exercise specialists can provide members a computerized fitness assessment and exercise prescription that are designed exclusively towards your personal goals to help you maintain the healthy lifestyle that's right for you.

LifeStyles 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

Community Access and Wellness
330.665.8175

Dietitian
330.665.8022

akrongeneral.org/LifeStyles

Benefits of a LifeStyles membership

- Reciprocity with full access to all three of our LifeStyles locations at Bath, Green and Stow.
- Inclusive membership including group exercise classes, pools, indoor track, free monthly seminars, lockers, towel service, steam room/sauna and more.
- Free fitness assessment and exercise prescription with one of our exercise professionals.
- Free 24-hour nutrition analysis performed by a registered dietitians.
- Discounts on numerous wellness programs and services.
- Access to other medical fitness centers around the country with MFA travel pass program.
- Summer and winter day camps.
- Family memberships receive free babysitting.

Our team is a dedicated, comprehensive group of credentialed exercise physiologists, personal trainers, registered dietitians and wellness experts who are ready to get you going on the road to wellness. Our medical director monitors our programs, truly offering medical supervision. Staff takes pride in the one-on-one commitment and attention, and has been recognized nationally for exceptional customer service and programming.

Hours of operation

General hours

Visit the website for the most up to date schedule and holiday 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 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.



LifeStyles mobile app

Access current group exercise schedules, workout challenges, record workouts, set fitness goals and receive event notifications.

akrongeneral.org/LifeStylesExercise

SEALS swimming

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

Community Access and Wellness

Nutrition services

Personal appointments to help with weight loss, lowering cholesterol or blood pressure, increasing energy and boosting stamina. Registered dietitians offer nutrition consultations to help you reach your goals and improve your quality of life. Info: 330.665.8022.

NuFit: Nutrition and Fitness Education for A New You!

Monthly virtual seminar. Learn all the latest information about nutrition and fitness from a registered dietitian and exercise specialist. Enjoy hot topics such as immune boosting foods and nutrition for gut health. Free. Info: 330.665.8022

LifeStyle program - 10 weeks to a healthier body

A life-changing program led by a registered dietitian and certified personal trainer. Lose weight and keep it off. Includes weekly nutrition workshops, meal planning assistance and personal training. Discount for LifeStyles members. Info: 330.665.8022

Meal Planning Made Easy

Our online Living Plate Rx meal planning program is designed by registered dietitians and consulting chefs to help you achieve your wellness goals. This web-based program creates a personalized meal plan with meals and snacks for each day, grocery shopping lists and healthy recipes. Info: 330.665.8022

High school swimming

LifeStyles is proud to be the home pool for local high school swim teams. Practices run weekdays from November to February. Schedules are posted in the pool area.

Sugar Detox Program

Addicted to sugar and carbs? Struggling to lose weight and break the sugar cycle? This 10 day sugar detox program will help reset your metabolism and hormones so you can end your cravings, lose weight and reverse disease. Program includes 3 sessions with a registered dietitian for \$99. Info: 330.665.8022

Corporate programs and wellness

Quality, cost-effective preventive services are available directly to the community. We offer a wide array of programs on-site, at your company or at a health and wellness center. Info: 330.665.8175

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 and glucose screenings

Four different types of screenings are available to test cholesterol. View dates and fee: akrongeneral.org/Screenings or call 330.665.8175

Members with children

Babysitting

Age: 6 weeks to 5 years

Available at no cost with a family membership. A nominal fee for children who are a guest of a member or not part of a family membership.

- Infants age 6 weeks to 1 year old: maximum of two hours per day
- Children age 1 to 5 years old: maximum three hours per day

For the safety of your child, we keep information on file. Notify us immediately of any changes. Diapers and drinks must be provided by the parent. Do not bring food, gum, candy or soda.

KidStyles

Age: 5 to 12 years

Supervised play area where children can enjoy rockwall climbing, circuit training, gym activities, group games, jump rope and free play. No cost for children included on family memberships. A nominal fee

for children who are a guest of a member or not part of a family membership.

Non-members must check in through Babysitting or pay the guest fee at the front desk. Do not bring food, gum, candy or soda.

Parent-supervised pre-school play time

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. to enjoy open-gym, swimming and more.

Kids' camps

A variety of camps for children ages 5 to 14 years old may be offered throughout the year.

Info: akrongeneral.org/LifeStylesCamp

Birthday parties

Does someone you know have a birthday coming up? Host a birthday party at LifeStyles. Choose from our packages or design your own with our 'a la carte' options to create the perfect birthday celebration. Parties in the gymnasium are reserved for a Saturday or Sunday between 12-5 p.m. and one half of the gymnasium will be closed to accommodate the party.

Special programs

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

Gymnasium and basketball court

Open gym

The gymnasium is a multi-purpose area available during all hours of LifeStyles operation. Activities and special programs are scheduled by the recreation department. Refer to the gymnasium schedule for all open times. Contact the recreation staff 24-hours in advance to reserve special equipment. Please check the bulletin board for any closings.

Dependent open gym

Dependent hours apply for youth wishing to use the gymnasium.

Fitness Programs

Physical fitness assessment and exercise prescription

Our degreed exercise specialists offer two, 1-hour sessions as part of your membership:

- Cardiopulmonary fitness test
- Muscular strength and flexibility test
- Blood pressure check
- Height and weight
- 24-hour nutrition analysis available one time by dietitian
- BodyMetrix measurement to assess and monitor your body composition
- Personalized training program
- Instruction on the correct way to operate equipment

Members can request a fitness assessment every six months and exercise prescription three months.

Personal training

Go one-on-one with a credentialed personal trainer who motivates and coaches you through individualized exercise sessions.

Team training

Available for weekly or bi-weekly sessions to perform exercises geared toward the program goals. Formats offered and length of sessions vary. Available groups of 3 to 5 people. No make-up sessions are available for missed sessions.

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.

Youth fitness certification

Teens age 13 to 15 years old under family memberships must complete a certification course in order to use adult fitness equipment during dependent hours. Stop by the fitness desk at any location to schedule.

Game Changer: The Ultimate in Personal Transformation FREE member seminar

Learn how to achieve permanent weight loss. Change the way you look and feel, no matter what your 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. Contact a Personal Training Coordinator or call 330.665.8140 for Bath and Stow, 330.896.5006 for Green.

Group exercise classes

Most courses are included free with membership. Find the free mobile app, plus on-site and virtual class schedule: akrongeneral.org/LifeStylesExercise

Recreation activities

Rockwall

A full-body workout that increases body awareness, builds strength and confidence. Two certified members can use the wall at any time. Certified adults can supervise their own children on the rockwall during dependent hours. Staff supervised open climbing times are scheduled to accommodate the needs of others.

- Rockwall certification: required if members want to utilize the rock wall at their own convenience. Available to members age 16 and over. Certification covers equipment use, safe climbing strategies and policies.

Group exercise classes continued

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.

Pre-registration is not required with the exception of specialty 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.

For Yoga and Pilates, remove shoes at the door of the studio - wear shoes to and from class. 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. Class availability is subject to change based on interest and class size.

Aquatics and pool schedule

A lifeguard is on duty at all times. View the aquatics and pool schedule: akrongeneral.org/LifeStylesAquatics. Visit the front desk at the class site to register.

Lap pools

Dedicated lanes are open for lap swimming, leisure swim and structured programs. Dependents can only use the pool during dependent hours and those under the age of 16 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.

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.

Leisure pool (at LifeStyles, 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 aquatic programs

- Daily fitness courses
- 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.

Managing your safety and privacy

Wipe down equipment after use

Clean off equipment after use with the spray bottle and blue towel, provided by equipment. Spray the towel first, then wipe down all areas of contact. Do not spray directly on the equipment.

Cell phones & electronic devices

Strictly prohibited in the locker rooms. In all other areas of LifeStyles you are permitted to utilize your cell phones. If you receive a phone call, please discontinue exercise and move to a discrete location to have your conversation. Do not occupy strength equipment while texting, emailing, etc. as others may be waiting to use the equipment.



View akrongeneral.org/LifeStyles for current news on COVID-19 disclosures.

Member information

Monthly e-news

If you gave us your email at the time of membership sign up, you're already registered to receive the email. Stop by the front desk to inquire. Your information will not be shared with any other organization.

Guest passes

A day pass is available for an adult or child. Each guest must be accompanied by a LifeStyles member at all times. Bring valid photo I.D.

Guest free days

Show family and friends what it's like to be a LifeStyles member. Bring a guest at no charge. Scheduled for these Sundays: Jun 20, Jul 11, Sept 5, Oct 31, Nov 21 and Dec 19.

Referral rewards program

Earn \$25 for recommending the healthy habits of exercise to your friends and family. Please contact membership for information.

Corporate memberships

Providing businesses the opportunity to offer memberships and wellness programs to their employees.