



Cleveland Clinic

Akron General
LifeStyles

ALL GEX CLASSES ARE 45 MINUTES

GROUP EXERCISE

Class Schedule

Dec. 1, 2023 - Mar. 31, 2024

Cleveland Clinic Akron General Health & Wellness Center, Green

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO 1	5:45 a.m.		PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	
	8:15 a.m.		YogaRx Shari	Barre Above® Cristy		Barre Above® Deneen	YogaRx Deneen	BodyFlex Cindy
	9:15 a.m.		PumpRx FOD		PumpRx FOD		PumpRx FOD	Step Interval Cindy
	10:30 a.m.		Zumba® Maren			Zumba® Carol COMING IN JAN		
	4:40 p.m.		Barre Above® Cristy	Zumba® Carol COMING IN JAN	Functionally Fit Maureen	Step Interval Cindy		
	5:30 p.m.		BodyFlex Cindy	YogaRx Deneen	PumpRx FOD		Zumba® Maren	
	6:30 p.m.			Step Interval Cindy			BodyFlex Cindy	
STUDIO 2	5:45 a.m.			Cycle Tim		Cycle Ray		
	7:15 a.m.							Cycle Cindy
	10:30 a.m.				YogaRx Deneen			
	5:30 p.m.		YogaRx Shari		YogaRx Shari	Cycle Cindy		
GYMNASIUM	8:30 a.m.							Total Body Int. Tim
	9:15 a.m.		TBI Amy	Tabata BC™ Maureen		Tabata BC™ Pam	TBI Amy	
	10:30 a.m.			LifeFit Josh		LifeFit Josh		
	6:15 p.m.			TBI Amy		TBI Amy		
	6:30 p.m.		Tabata BC™ Pam					
POOL	9:15 a.m.		Aqua Zumba® Frances (Leisure Pool)	AquaRx DJ (Leisure Pool)	Aqua Crush Frances (Leisure Pool)	AquaRx DJ (Leisure Pool)	Aqua Zumba® Deneen (Leisure Pool)	Healing Waters Peggi (Therapy Pool)
	10:30 a.m.		Healing Waters Ray (Therapy Pool)		Healing Waters Frances (Therapy Pool)			
	6:30 p.m.		Total Body Int. Peggi (Leisure Pool)	AquaRx DJ (Leisure Pool)	Total Body Int. Peggi (Leisure Pool)	AquaRx DJ (Leisure Pool)		

All Classes listed on this schedule are free with your membership

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akrongeneral.org/lifestyles



The LifeStyles App hosts the current Group Fitness Class schedule. Download it in two easy steps:

- Search for "Akron General LifeStyles" in the App Store on your smart phone (available for iOS and Android)
- Download and install the FREE mobile app

Muscular Strength and Endurance

PumpRx / Body Pump – One of the fastest ways to get in shape!! These barbell classes will sculpt tone, strengthen and transform your entire body without adding bulk. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. These classes challenge all of your major muscle groups while you squat, press, lift and curl. The cutting-edge choreography and chart-topping music is refreshed every three months, so with your choice of weight and trained instructors, you can get the GroupRx Advantage and the results you've been looking for. **Intensity: Moderate to High**

Total Body Intervals (land) – One of the best ways to burn calories and increase energy!! Total Body Intervals will push you to be your best. Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Land: Total Body Intervals will teach you how to burn calories, add strength, improve balance, and gain flexibility. **Intensity: completely up to you!! Low, Moderate, or High**

LifeFit – The low-impact, whole body group fitness workout that uses dumbbells, body weight and the track to boost everyday fitness. **Intensity: Low**

Tabata Bootcamp™ – Based on the most current research in fitness!! This revolutionary program combines bootcamp fitness with the hottest trend to hit the scene—High Intensity Interval Training. You can get your workout done in half the time, and boost your metabolism to keep burning calories for hours after your workout is over. **Intensity: Moderate to High**

Barre Above® – Blends the latest exercise science with the principles of the Lotte Burke method (the genesis of the Barre movement) delivering a fusion of ballet, pilates, yoga and strength training in each workout. **Intensity: Low to Moderate**

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 to Moderate**

Morning Stretch - Light stretching to get your body ready for the day. **Intensity: Low**

Aqua

Healing Waters – Experience: Deep inner warmth...Pain relief...Relaxation...Stress relief... Improved range-of-motion...Gentle movement; especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. **Intensity: Just right!!**

Aqua Zumba® – Known as the Zumba "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief. **Intensity: Low to Moderate**

Aqua Crush - One of the best ways to burn calories and increase energy!! This bootcamp water class will push you to be your best. Water buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: completely up to you!!**

AquaRx – The aqua workout that 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 and tapers the entire body. Additional equipment, such as water noodles and hand buoys may be incorporated into this great workout. **Intensity: Low to Moderate**

Total Body Intervals (water) – One of the best ways to burn calories and increase energy!! Total Body Intervals will push you to be your best. Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Water: buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: completely up to you!!**

Cardiovascular Endurance

Cycle – The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within- sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

Zumba Fitness® – There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally 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. Each Zumba class is vibrant, unique, and varied- and like many of Lifestyles programs, a new Zumba® release is produced every 2 months with new music and choreography. **Intensity: Moderate to High**

Step Interval – Combines rhythmic aerobic exercise with strength moves. After an initial warm-up, cardio segments of 3-5 minutes utilizing a step alternate with body sculpting segments of 3 minutes to improve cardiovascular fitness and muscular strength. Cool down and stretching exercises complete the class. **Intensity: Moderate to High**

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

1. Class start time is within LifeStyles dependent hours.
2. Parent/guardian must be participating in the class with children ages 13 to 15.