



AKRON GENERAL
HEALTH & WELLNESS CENTER

Group Exercise Schedule

December 1, – December 31, 2017

Cleveland Clinic Akron General Health & Wellness Center, Green

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
STUDIO 1 / GYM / TREADMILL	5:45 a.m.	PumpRx Lori	Moving Meditation Lori	PumpRx Lori	Moving Meditation Lori	PumpRxxpress Lori	8:15 a.m.	TransForm™ Virtual
	6:35 a.m.					Moving Meditation Lori	8:30 a.m.	Tabata Bootcamp™ Cristy (Gym)
	8:15 a.m.	YogaRx Shari	BalanceRx Fitness		BalanceRx Fitness	YogaRx Deneen	9:30 a.m.	PumpRx Cristy
	9:15 a.m.	PumpRx Lorraine	Tabata Bootcamp™ Maureen	PumpRx Lorraine	Tabata Bootcamp™ Heidi		10:40 a.m.	Zumba® Fitness Cristy
	10:30 a.m.	Zumba® Fitness Caiti		Zumba® Toning Kim F.				
	4:40 p.m.	PumpRxxpress Lorraine	TransForm™ Melissa	Tabata Bootcamp™ Maureen	TransForm™ Melissa			
	5:30 p.m.	PumpRx Lori	Zumba® Fitness Deneen	PumpRx Lorraine	Zumba® Fitness Caiti			
	6:00 p.m.		Total Body Intervals Cristy (Gym)		Total Body Intervals Amy (Gym)			
	6:15 p.m.	Tabata Bootcamp™ Cristy (Gym)						
	6:35 p.m.	TransForm™ Melissa	PumpRx Lori/Victoria		PumpRx Lori/Victoria			
7:00 p.m.		TreadRx Fitness		TreadRx Fitness				
STUDIO 2	5:45 a.m.		Cycle Heidi		Cycle Heidi		8:30 a.m.	Cycle Roger/Jason
	9:30 a.m.		YogaRx Shari		YogaRx Shari			
	5:20 p.m.		Cycle Chris		Cycle Chris			
	6:10 p.m.	YogaRx Shari		YogaRx Shari				
POOL	9:15 a.m.	Aqua Zumba® Deneen	AquaRx DJ	Aqua Zumba® Kim F.	AquaRx DJ	Aqua Zumba® Deneen	8:10 a.m.	AquaRx DJ
	10:05 a.m.	Healing Waters Lorraine		Healing Waters Melissa			9:30 a.m.	Healing Waters Lori
	6:30 p.m.	Total Body Intervals Lori	AquaRx DJ	Total Body Intervals Lori	AquaRx DJ			

Upcoming dates:

☆ Super Saturday – January 13th

Muscular Strength and Endurance

- PumpRx** - One of the fastest ways to get in shape! The PumpRx barbell class 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. PumpRx challenges 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**
- 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**
- Total Body Intervals** (land and water) - One of the best ways to burn calories and increase energy! Total Body Intervals will push you to be your best. Brief (45 sec) 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. Water: buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. Show up and GET AFTER IT. **Intensity: completely up to you! Low, moderate or high**
- Zumba Toning®** - When it comes to body sculpting, Zumba® Toning raises the bar. Learn how to use 1 and 2 pound dumbbells to tone all the target zones, including arms, abs and thighs. Whether you are an active adult or just starting on your fitness journey, Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast. It's an easy to follow, health-boosting dance-fitness program anyone can enjoy!
Intensity: low, moderate or high
- BalanceRx** – The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength and improve balance. There are inspirational instructors and music to motivate you. The result of consistent attendance -- you'll be fizzing with energy, so you can really take life on! **Intensity: low to moderate**

Cardiovascular Endurance

- 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**
- 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**
- 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

- TreadRx** - TreadRx is the indoor treadmill workout held on the fitness floor where you walk or run as motivating music directs the pace. Led by a knowledgeable running/walking coach, travel vicariously over hill and dale using techniques like intervals, Fartleks and tempo variations. TreadRx is a very popular class; please arrive 15 minutes early. Treadmills cannot be reserved. Offered seasonally. **Intensity: Low, Moderate or 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**

Mind/Body

- 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. Evening and Saturday classes held in 94° warm water Therapy Pool. **Intensity: Just right!**
- TRANSFORM™** - This fusion of Yoga/Pilates-inspired moves with athletic Sport movements gives you a template to TRANSFORM your body and mind. If you're looking for STRENGTH, power, athleticism, muscle LENGTHENING, muscular definition, increased range of motion, increased CIRCULATION, and improved BREATHING techniques, then you've found the right program. Transform brings out the best in you, fueling your SOUL with inspiring and motivating music that is refreshed every three months. Each challenge is PROGRESSIVE so you can self-guide your intensity. Get ready for a mind/ body experience unlike any you've seen before. It's time to create a new path in your fitness journey. It's time to TRANSFORM YOURSELF! **Intensity: moderate**
- YogaRx** - 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**
- Moving Meditation** - An early morning class that starts with stillness and breathing. Slow and flowing movement then begins to stretch, strengthen and align all joints and muscles. This flowing movement induces a meditative connection of mind, body and spirit...leaving one open, fresh and restored. Floor based activities performed on yoga mat. **Intensity: low**

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

- Class start time is within LifeStyles dependent hours. (Ex., Mon. – Fri., 5:15 p.m. permitted, Mon. – Fri., 5:30 p.m. not permitted; Sat., 9:30 a.m. permitted, Sat., 8:30 a.m. not permitted;)
- Parent/guardian must be participating in the class with children ages 13 to 15.

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