LIFESTYLES
AKRON GENERAL HEALTH & WELLNESS CENTER

Group Exercise Schedule - West (Montrose)
Sept 1 - Nov 30, 2015

Denotes classes dependents may attend

STUDIO 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00a-7:00a	**Sunrise Yoga** Teresa	**Rep Reebok** Lisa	**Precision Strength** Beth	**PumpRx** Lori Lyons	**Sunrise Yoga** Teresa			
8:15a-9:15a	**Cardio 4 All** Michelle B	ZUMBA FITNESS Jeananne	ZUMBA FITNESS Ryan	**Cardio 4 All** Beth	ZUMBA FITNESS Jeananne	800a	**R.A.W.** Michelle G	
9:30a-10:20a	Turbo KICK Maureen	**Precision Strength** Beth	**R.A.W.** Michelle G	**Precision Strength** Karen H	**Sports Conditioning** Sue	915a	**Precision Strength** Cynthia	
10:30a 11:20p	**Precision Strength** Cynthia	ZUMBA FITNESS Diane	**Yoga** Argie	ZUMBA FITNESS Jeananne		1030a	**Pilates Mat** Karli	**Yoga** Argie 10:15
11:30a 12:20p		**HIITRx** Molly	ZUMBA FITNESS Deneen	TABATA BOOTCAMP Maureen				
12:30p 1:20p	**Functional Fitness** Teresa	**Gentle Yoga** Shari	**Functional Fitness** Teresa	**Gentle Yoga** Shari	**Functional Fitness** Teresa			
5:00p-5:30p	**Core Focus** Cynthia	**Integrated Yoga** Argie	**Core Focus** Cynthia	TABATA BOOTCAMP (5:15p) Cynthia	**Core Focus** Cynthia			
5:30p-6:30p	**Boot Camp** John		TABATA BOOTCAMP (5:30-6:10) Cynthia					
6:30p-7:30p	ZUMBA FITNESS Jeananne	**Precision Strength** (6:15p) Judy	ZUMBA FITNESS Wayne	**Precision Strength** (6:15p) Judy	ZUMBA FITNESS (6:00p) Tina			
7:30p 8:30p	PIYO Molly	RIPPED Jennifer	**Yoga** Argie	RIPPED Jennifer				

STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00a-7:00a	**Cycle 45** Beth		**Cycle 60** Karen F	**Power Yoga** Laurie A	**Cycle 45** Lisa			
8:15a-9:15a	**Cycle 60** Karen F.			**Cycle 45** Michelle G	**Cycle 60** Karen H.	745a	**Adv. Cycle** Oct 24 - Apr Karen H.	
9:30a-10:30a	**Pilates Mat** Karen H	**Cycle In / Yoga Out** (9:15a) Michelle B.	**Cycle to the Core** (9:15a) Michelle B.		**Prana Yoga** Karen H	900a		**Vinyasa Flow** Bob
10:30a 11:30a	**Prana Yoga** Karen H		**BodyWorks Barre** Karen H.		**BodyWorks Barre** Karen H.	930a	**Cycle 45** Paula	
1130a-12:20p		**Pilates Mat** Shari		**Pilates Mat** Shari				
5:30p-6:15p		**Cycle 60** Pamela						
6:00p-7:00p	**Cycle 60** Paula	ZUMBA FITNESS Pamela/Lori 6:30p	**Cycle 60** (5:45) Paula					

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00a	**Deep Water** Cathy				aqua ZUMBA Lori L			
9:00a	**Shallow Strength** Cathy	**In the Deep** Christine O	**Aqua Lite** Christine Z	**H2OBootcamp** Karen F	**Aqua Lite** Cathy	900a	**Shallow Splash** Karenina	
11:00a		**Warm H2O** Christine Z		**Warm H2O** Christine Z		1000		aqua ZUMBA Lori L
6:30p		**In the Deep** Karenina		**In the Deep** Karenina		1030	**Warm H2O** Karenina	

LifeStyles Group Exercise Class Descriptions WEST

Cardio Endurance Classes

BodyWorks Barre	A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga.
Boot Camp	Challenge yourself with intervals of strength and cardio for a full body workout. All levels are welcome.
Cardio 4'All	An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels.
Functional Fitness	Low intensity standing and/or seated exercises to enhance your ability to perform life's daily tasks. Improve your mobility, flexibility, balance and stamina.
RAW	Athletic training class guaranteed to raise the bar on your fitness training. Be prepared to work hard! Recommended for the intermediate to advanced participants.
HIITRx	High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.
Sports Conditioning	A high-intensity interval training class that incorporates BOSU, core board, and/or step drills.
Tabata Bootcamp™	A physical & mental challenge that will increase your metabolism & muscular endurance using intervals of intense work followed by recovery periods. Class time will vary 35-45 minutes for recovery.
TurboKick®	The freshest music and moves, inspired by dance, boxing and martial arts, come together to create a cardio PARTY…but be ready for the SIREN…it means you get a bonus cardio BLAST!
Zumba Fitness®	An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party!
R.I.P.P.E.D.	Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Indoor Cycling Classes

Advanced Cycle Skills	Geared towards cyclists and triathletes who want to maintain their fitness during "off season"
Cycle In/ Pilates Out	An Intense 40 minutes of Cycle followed by 20 minutes of Pilates Core/Powerhouse work and Stretching
Cycle In/Yoga Out	An intense 30-40 minutes of cycling followed by a yoga segment to add strength and flexibility
Cycle Strong & Fit	Class Consists of 30 to 40 minutes of intense cycling drills finishing **STRONG** with muscular intervals sure to keep the heart pumping and **challenge** your fitness level!

Strength/Muscular Endurance Classes

Advanced Strength	We emphasize proper form and technique as we systematically fatigue each muscle group. Intermediate.
Core Focus	This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength.
Fit For Life	Small group class designed for individuals who have had cardiac events, cancer treatments, or other chronic illnesses looking to stay active, improve well-being in a positive atmosphere. Phase 4 of Cardiac Rehab.
Precision Strength P. Strength Circuit	Optimize your workout efficiency with this challenging muscular endurance program that utilizes compound exercises for multiple muscle groups. Boost functional strength, balance and coordination.
Rep Reebok	This workout is a revolutionary reinvention of traditional group strength training using periodization, a proven technique for getting real results, while keeping your choreographed workouts fresh without frustrating training plateaus.
PiYo™	PiYo™ is a unique class designed to build strength & gain flexibility that is fun, challenging and will make you sweat! It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.
PumpRx	Using cutting edge choreography and chart topping music, PumpRx is a barbell class that will sculpt, tone, strengthen and transform your body without adding bulk. Focusing on low weight loads and high repetition, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Mind/Body Classes

Prana Yoga	A dynamic form of hatha yoga. A mixed level yoga practice dedicated to breath and energy movement. This vigorous practice purifies and realigns the body.
Balletone® Sole Synthesis	A fusion -style conditioning program, blending training techniques drawn from dance, Pilates, yoga and fitness. This class is designed specifically for the non-dancer and is performed barefoot.
Balletone® Standing Flow	Dance conditioning methods presented in an easy-to-follow fitness program that will lengthen, strengthen, and energize the entire body. Class is performed barefoot.
Belly Dance	A cardio dance/core strength class based on belly dance moves. No experience necessary! Hip scarves optional.
Gentle Yoga, Integrated Yoga, Sunrise Yoga &Yoga	Learn proper breathing techniques and gentle flows to increase flexibility and strength, cultivate balance and reduce stress. This class will leave you centered.
Power Yoga	Power Yoga is definitely an intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa. Power Yoga classes move with an even faster rhythm.
Pilates Mat	Strengthen and stretch muscles uniformly in a series of Pilates floor exercises. Develop stability, strength, flexibility and balance by using precision and concentrated effort. Some may use small equipment.

AQUA Classes

Aqua Lite	A Shallow water workout that is easy to follow & easy on the joints.
Aqua Zumba	The Zumba pool party combining Zumba and an aqua class for an invigorating workout! Low to moderate intensity.
Arthritis & Warm H2O	Conducted in the warm water to reduce arthritis pain providing gentle resistance to build strength and support joints.
H2O Bootcamp	45-60 minutes of high intensity interval training in the pool. This class is intermediate.
In the Deep	A deep water workout that emphasizes cardio fitness, core strength, and flexibility. Aqua belts & noodles provided.
Shallow Splash & Strength	Shallow water classes which emphasizes strength, core stability and cardio. All levels welcome

The classes listed on this schedule are included in membership. During dependent hours, members age 13 and older are permitted to attend group exercise classes. Class size may be limited to protect the safety of members. Participants are required to sign in at the front desk for all cycle classes. Schedule subject to change.