

**Cleveland Clinic Akron General Health & Wellness Center, Bath**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>STUDIO 1</b>	5:45 a.m.			Precision Strength Beth					
	6:00 a.m.		Rep Reebok Lisa						
	7:00 a.m.	Moving Meditation Beth		Moving Meditation Beth		Moving Meditation Lori L.			
	8:15 a.m.	Cardio 4 All Michelle B.	Zumba Jeananne	Zumba Molly	Cardio 4 All Beth	Zumba Jeananne	8:00 a.m.	Cardio Mix Cynthia/Catherine	
	9:30 a.m.	Turbo Kick Maureen ●	Precision Strength Beth ●	Kickbata Molly ●	Precision Strength Karen H. ●	Sport Conditioning Sue ●	9:15 a.m.	Precision Strength Cynthia ●	
	10:30 a.m.	Precision Strength Cynthia ●	Zumba Diane ●	Yoga Argie ●	Zumba Jeananne ●		10:30 a.m.	Pilates Mat Karli ●	
	11:30 a.m.		HIIT Molly	Zumba Molly	Core Focus Cynthia				
	12:30 p.m.	Functional Fitness Alex	Gentle Yoga Shari		Gentle Yoga Shari	Functional Fitness Cynthia			
	5:00 p.m.	Core Focus Cynthia ●	Yoga Argie ●	Core Focus Cynthia ●		Core Focus Cynthia ●			
	5:30 p.m.	Bootcamp John		Tabata Bootcamp Cynthia	Turbo Kick Maureen				
	6:15 p.m.		Precision Strength Judy		Precision Strength Judy				
	6:30 p.m.	Zumba Jeananne		Zumba Wayne		Zumba Lori L.			
	7:30 p.m.	PiYo Molly ●		Yoga Argie ●	PiYo Molly ●				
	<b>STUDIO 2</b>	6:00 a.m.	Cycle 45 Beth		Cycle 60 Karen F.	Strength & Stretch Lisa	Cycle 45 Lisa		
8:15 a.m.		Cycle 60 Karen F.			Cycle 45 Cynthia	Cycle 60 Karen H.			
9:15 a.m.			Cycle In/ Yoga Out Michelle B. ●	Cycle to the Core Michelle B. ●					
9:30 a.m.		Pilates Mat Karen H. ●				Prana Yoga Karen H. ●	9:00 a.m.		Yoga Bob ●
10:30 a.m.		Prana Yoga Karen H. ●		Barre Karen H. ●		Barre Karen H. ●	9:30 a.m.	Cycle 45 Paula ●	
11:30 a.m.			Pilates Shari		Pilates Shari				
6:00 p.m.		Cycle 60 Paula		Cycle Strong Paula	Cycle 60 Karen F.				
<b>POOL</b>	8:00 a.m.	Deep Water Cathy				Aqua Zumba Lori L.			
	9:00 a.m.	Shallow Strength Cathy ●	In the Deep Christine O. ●	Aqua Lite Christine Z. ●	H2O Bootcamp Karen F. ●	Aqua Lite Cathy ●	9:00 a.m.	Shallow Splash Karenina ●	
	10:30 a.m.		Warm H2O Christine Z. ●		Warm H2O Christine Z. ●		10:30 a.m.	Warm H2O Karenina ●	
	6:30 p.m.		In the Deep Karenina		In the Deep Karenina				

● Denotes classes dependents (13 and over) can attend

## Cardio Endurance

**Boot Camp** - Challenge yourself with intervals of strength and cardio for a full body workout. **Intensity: moderate to high**

**Cardio 4 All** - An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels. **Intensity: moderate to high**

**Functional Fitness** - Restore yourself back to how you were meant to move using holistic exercises in cardiovascular, strength, flexibility, balance, range of motion, proprioception and body awareness training. **Intensity: low to moderate**

**Kickbata** - A high-intensity interval training class that incorporates kickboxing moves. **Intensity: Moderate to high**

**HIIT** - A high intensity interval training class that incorporates cardio, strength, and core conditioning. **Intensity: high**

**Sport Conditioning** - A high-intensity interval training class that incorporates BOSU, core board and/or step drills. **Intensity: high**

**Tabata Bootcamp™** - A combination of bootcamp and high intensity interval training for an efficient and effective workout to help boost your metabolism and keep the calories burning post workout. **Intensity: moderate to high**

**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! **Intensity: moderate to high**

**Zumba** - An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party! **Intensity: moderate**

## Cycling

**Advanced Cycle** - Geared towards cyclists and triathletes who want to maintain their fitness during "off season." **Intensity: high**

**Cycle to the Core** - 50 minutes of Cycle followed by core conditioning and stretch. **Intensity: moderate to high**

**Cycle In/Yoga Out** - 40 minutes of cycling followed by yoga stretches to improve flexibility. Great for beginner cycling participants. **Intensity: moderate**

**Cycle Strong** An intense 30 to 45 minutes of cycling drills including with muscular intervals sure to keep the heart pumping and challenge your fitness level! **Intensity: moderate to high**

**Cycle 45/60** - An intense 45/60 minutes of cycling including intervals and anaerobic threshold training. **Intensity: moderate to high**

## Aqua

**Aqua Lite** - A Shallow water workout that is easy to follow and easy on the joints. **Intensity: low to moderate**

**Aqua Zumba** - The Zumba pool party combining Zumba and an aqua class for an invigorating workout. **Intensity: low to moderate**

**Warm H2O** - Conducted in warm water to reduce arthritis pain providing gentle resistance to build strength and support joints. **Intensity: low**

**H2O Bootcamp** - 45-60 minutes of high intensity interval training in the pool. **Intensity: moderate to high**

**In the Deep** - A deep water workout emphasizing cardio fitness, core strength, and flexibility. Aqua belts & noodles provided. **Intensity: moderate to high**

**Shallow Splash & Strength** - Shallow water classes emphasizing strength, core stability and cardio. **Intensity: low to moderate**

## Muscular Strength/Endurance

**Barre** - A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga. **Intensity: moderate**

**Core Focus** - This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength. **Intensity: moderate**

**Precision Strength** Optimize your workout efficiency with this challenging muscular endurance program that utilizes compound exercises for multiple muscle groups. Boost functional strength, balance and coordination. **Intensity: low to moderate**

**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. **Intensity: moderate**

**PiYo® PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements for a challenging upbeat workout. Barefoot on yoga mat. **Intensity: low to high**

**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. **Intensity: moderate**

## Mind/Body (barefoot on yoga mat)

**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. **Intensity: low to moderate**

**Gentle Yoga** - Learn proper breathing techniques and gentle flows to increase flexibility and strength, cultivate balance and reduce stress. This class will leave you centered. **Intensity: low**

**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**

**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. Performed on yoga mat. Some may use small equipment. **Intensity: low to moderate**

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

1. 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;)
2. Parent/guardian must be participating in the class with children ages 13 to 15.