

Cleveland Clinic Akron General Health & Wellness Center, Bath

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	5:45 a.m.			Precision Strength Beth					
	6:00 a.m.		Rep Reebok Lisa						
	6:45 a.m.	Moving Meditation Beth		Moving Meditation Beth		Moving Meditation Beth			
	8:15 a.m.	Cardio 4 All Michelle B.	Zumba® Jeananne	Zumba® Molly	Cardio 4 All Rotating	Zumba® Jeananne	8:00 a.m.	Cardio Mix Cynthia/Catherine	
	9:30 a.m.	Turbo Kick™ Maureen ●	Precision Strength Rotating ●	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 ●		10:15 a.m.		Yoga Argie ●
	11:30 a.m.		HIIT Molly	Zumba® Molly	Core Focus Cynthia		10:30 a.m.	Pilates Mat Karli ●	
	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	Zumba® Lori P			
	6:30 p.m.	Zumba® Jeananne		Zumba® Wayne					
7:30 p.m.	PiYo™ Molly ●		Yoga Argie ●	PiYo™ Molly ●					
STUDIO 2	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. ●			9:00 a.m.	Yoga Bob ●	
	9:30 a.m.	Pilates Mat Karen H. ●				Prana Yoga Karen H. ●	9:30 a.m.	Cycle 45 Paula ●	
	10:30 a.m.	Prana Yoga Karen H. ●		Barre Karen H. ●		Barre Karen H. ●			
	11:30 a.m.		Pilates Shari		Pilates Shari				
	6:00 p.m.	Cycle 60 Paula			Cycle Strong Paula				
POOL	8:15 a.m.	In the Deep Cathy				Aqua Dance Jane			
	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 ●	Aqua Zumba® Tricia ●
	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

akrongeneral.org/lifestyles






The LifeStyles App hosts the current Group Fitness Class schedule.







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®/Dance** - The Zumba pool party combining Zumba and an aqua class for an invigorating workout. **Intensity: low to moderate**
-  **Warm H2O** – (recommended for Arthritic populations) 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**
-  **Strength & Stretch** – hybrid class that focuses on strength, coordination, and balance using the elements of dance, basic strength, and dynamic flexibility. **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**

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.