



*Denotes classes dependents may attend*

*Revised 12-21-14*

STUDIO 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
600a		<b>Cycle 60</b> Roger		<b>Cycle 60</b> Roger				
815a	<b>Cycle 45</b> David R	 <b>Cycle 45</b> Samantha	<b>Cycle 45</b> Samantha		<b>Cycle 45</b> Samantha	800a	<b>Cycle 60</b> Carol	
900a		<b>Senior Fitness</b> Samantha		<b>Senior Fitness</b> Samantha		830a		
600p	<b>Cycle / Core</b> Kimberly	<b>Cycle 60</b> Renelda		<b>Cycle 60</b> Renelda				


STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
535a		<b>Sports Conditioning</b> Renelda		<b>Sports Conditioning</b> Renelda		815a	<b>Extreme Kickbox</b> Lori	
900a		<b>Core Focus</b> Lori		<b>Core Focus</b> Lori		900a	<b>Core Focus</b> Lori	
930a		<b>TABATA BOOTCAMP</b> Lori		<b>Adv Strength</b> 9:30a Lori <b>TABATA BOOTCAMP</b> 10:00a Lori	<b>Yoga</b> Shari			
1030a	<b>Yoga Gold</b> Shari		<b>Yoga Gold</b> Anne	<b>BodyWorks Barre</b> Anne	<b>Belly Dance</b> Anne			
1130a								
430p		<b>P3</b> (Pilates/Barre/Strength) Carol		<b>P3</b> (Pilates/Barre/Strength) Carol		1000a	 Ryan	
530p	<b>20/20/20</b> Renelda	<b>Rock Bottom</b> Carol	<b>Precision Strength</b> Renelda	<b>Rock Bottom</b> Chad				
600p		<b>TABATA BOOTCAMP</b> 600p Kimberly		<b>HIITRx</b> 600p Chad				
630p	 Wayne		 Ryan		 630p Wayne			
700p		<b>Yoga 101</b> Anne		<b>Prana Yoga</b> Anne				

MIND / BODY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
930a		<b>Prana Yoga</b> Anne		<b>Pilates Mat</b> Anne		815a		
630p	<b>Yogalates</b> Anne					900a	<b>Pilates Mat</b> Carol	

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
1030a		<b>AquaRx</b> Deb Faber Cailor		<b>AquaRx</b> Deb Faber Cailor	<b>AquaRx</b> Deb Faber Cailor (10:45)	1030a	<b>Arthritis Foundation</b> Cathy	
530p		<b>H2OBootcamp</b> Cathy		<b>H2OBootcamp</b> Cathy				
630p			<b>Arthritis Foundation</b> Cathy					

## LifeStyles Group Exercise Class Descriptions NORTH

### Aqua Classes

Aqua Lite	A shallow water workout that is easy to follow and easy on the joints.
Arthritis Foundation	Conducted in the warm water to reduce arthritis pain providing gentle resistance to build strength and support joints. <i>The ability to swim is not required.</i>
H2O Bootcamp	45-60 minutes of high intensity interval training in the pool. <b>Intensity: Low, Moderate, High.</b>
Aqua Rx	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. <b>Intensity: Low to Moderate</b>

### Cardio Endurance Classes

20/20/20	20 minutes cardio, 20 minutes strength, 20 minutes core.
Tabata Bootcamp®	A physical and mental challenge that will increase your metabolism and muscular endurance using intervals of intense work followed by recovery periods. Are you ready to get into the BEST shape you can be?
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.
Zumba® Fitness	An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party!
Extreme Kickbox	This power packed class is full of kick/punch combinations designed to build confidence as well as strength, flexibility and endurance. Guaranteed to make you feel like a million bucks!

### Indoor Cycling Classes *(Participants are required to sign in at the front desk for all cycle classes)*

Cycle 40, 45, and 60	"Geared" to all fitness levels on specially designed stationary bikes. Class may include interval, strength, endurance, and race day training. A water bottle and cycling shorts are recommended. "Core" includes an abs and back segment.
Cycle Strong	Class consists of intervals of cycling with strength segments to change up your exercise routine!

### Strength/Muscular Endurance Classes

Advanced Strength	We emphasize proper form and technique as each muscle group is systematically fatigued. <b>Intensity: Moderate to High.</b>
Core Focus	This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength.
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.
Interval Training	A combination of Cardio-Weights-Core working the upper and lower body through various intervals. <b>Intensity: Moderate to High.</b>
BalanceRx	A 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! <b>Intensity: Low to Moderate</b>
Senior Fitness	A 60 minute class designed for ages 65+ that works on balance, cardio, strength, and flexibility. Class performed with a chair and also records blood pressure/oxygen levels before class.
Rock Bottom	Forget bulky thighs!! Rock Bottom works the three muscles of the buttocks – the gluteus maximus, medius, and minimus. Rock Bottom helps shape, lift and firm your booty like no other workout!

### Mind/Body Classes

BodyWorks Barre	A barefoot class that focuses on strength, coordination, and balance using the elements of dance, toning and yoga.
Yoga 101	Learn proper breathing techniques and gentle flows to increase flexibility and strength, cultivate balance and reduce stress. This class will leave you centered.
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.
Vinyasa Yoga	A more challenging and athletic form of yoga. Recommended for the more experienced practitioner. Beginners should consult instructor for proper modifications.
Yoga GOLD	For everyone, but geared for ages 55+. Yoga Gold can be performed in chairs and may include meditation.
P3 Pilates/Barre/Strength	A strength class using elements of Pilates and Barre that uses Pilates balls, the bar, hand weights and body weight to increase balance, dexterity and overall strength.
Yogalates	Increase your strength, flexibility and stamina with this class that combines the best of what yoga and Pilates has to offer.
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.

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. For the most current schedule, please go to

[www.akrongeneral.org/lifestyles](http://www.akrongeneral.org/lifestyles).