

Cleveland Clinic Akron General Health & Wellness Center, Stow

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1 / GYM	6:00 a.m.		Cycle Roger		Cycle Roger				
	8:15 a.m.					Cycle Alexis	8:15 a.m.	Cycle Rotation*	
	9:00 a.m.		Senior Fitness Austin		Senior Fitness Austin				
	5:45 p.m.	Cycle to the Core Kimberly	Cycle Renelda		Cycle 360 Renelda				
	7:00 p.m.		Power Intervals Kimberly (Gym)		Power Intervals Christian (Gym)				
STUDIO 2	6:00 a.m.	Power Intervals Angie		Power Intervals Angie			8:15 a.m.	Tabata Bootcamp™ Kimberly	
	9:00 a.m.	PumpRx Janel		PumpRx Janel			9:10 a.m.	PumpRx Janel/Christian	
	9:15 a.m.		Tabata Bootcamp™ Yanette		Cardio Sculpt Yanette		10:15 a.m.	Zumba® Janel	
	9:30 a.m.					Yoga Shari	10:30 a.m.		PiYo™ LuAn
	10:30 a.m.	Yoga Gold Shari		Yoga Gold Shari		Pilates Mat Shari			
	11:20 a.m.	Pilates Mat Alexis		Pilates Mat Shari					
	5:30 p.m.	20/20/15 Renelda	PiYo™ LuAn	Precision Strength Renelda	PiYo™ LuAn				
	6:35 p.m.	Zumba® Wayne	Pound® Janel	Zumba® Janel					
POOL	9:30 a.m.	AquaRx Shari		Aqua Zumba® Wayne			10:30 a.m.	Arthritis Foundation Cathy	
	10:30 a.m.		AquaRx Yanette		In the Deep Yanette				
	5:30 p.m.		H2O Bootcamp Cathy		H2O Bootcamp Cathy				
	6:30 p.m.	Arthritis Foundation Cathy	H2O Shallow Bootcamp Cathy	Arthritis Foundation Cathy					
FITNESS	6:00 a.m.					Heart Rate Training Austin			
	10:00 a.m.	Recovery Austin		Recovery Austin					
	6:30 p.m.	Recovery Trevor		Recovery Trevor	Recovery Christian/LuAn				
	6:45 p.m.				Recovery Christian/LuAn				

Updates:

1. New Cycle Shoe Policy effective October 1, 2017
2. Aqua Zumba is now located in the lap pool

● Denotes classes dependents (13 and over) can attend

*See App for Rotation

Aqua Classes

- Arthritis Foundation** Conducted in the warm water to reduce arthritis pain while providing gentle resistance to build strength and support joints. The ability to swim is not required.
Intensity: low. Duration: 50-55 minutes
- H2O Bootcamp** High intensity interval training in the pool.
Intensity: low, moderate, high. Duration: 45 minutes
- AquaRx** AquaRx 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 the entire body.
Intensity: low to moderate. Duration: 45-60 minutes
- In the Deep** A deep water workout emphasizing cardio fitness, core strength and flexibility. Aqua belts and noodles are provided.
Intensity: moderate to high. Duration: 60 minutes
- Aqua Zumba®** Known as the Zumba "pool party," splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class that's exhilarating beyond belief.
Intensity: low to moderate. Duration: 45 minutes

Cardio Endurance Classes

- 20/20/15** 20 minutes cardio, 20 minutes strength, 15 minutes core.
Intensity: low, moderate, high. Duration: 55 minutes
- Cardio Sculpt** An easy to follow, challenging workout for ALL ages and fitness levels that incorporates strength, cardio and core conditioning.
Intensity: low, moderate, high. Duration: 55 minutes
- Pound®** A cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums.
Intensity: moderate to high. Duration: 45 minutes
- Tabata Bootcamp®** A physical and mental challenge that will increase your metabolism and muscular endurance using intervals of intense work followed by recovery periods.
Intensity: moderate to high. Duration: 40 minutes
- Power Intervals** Consists of cardio intervals with strength segments to change up your exercise routine! Learn how to increase strength, improve balance, and gain flexibility while you burn calories and increase energy!
Intensity: moderate to high. Duration: 45 minutes
- 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.
Intensity: moderate. Duration: 60 minutes

Indoor Cycling Classes

Wear your athletic shoes or recessed cleats only.

- Cycle** "Geared" to all fitness levels on specially designed indoor cycles. Class may include interval, strength, endurance, and race day training.
Intensity: low to high. Duration 45-50 minutes
- Cycle to the Core** The cycle drills you know and love are blended with core training to make the perfect challenge to add to your training!
Intensity: low to high. Duration: 45 minutes
- Cycle 360** Add variety to your everyday indoor cycle class by combining the best of cycling, off-the-bike strength and core training. The result is a total-body circuit training program incorporating aerobic work and strengthening their upper body and core.
Intensity: low to high. Duration: 60 minutes

Strength/Muscular Endurance Classes

- 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: moderate to high. Duration: 60 minutes
- 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. 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. Duration 60 minutes
- Senior Fitness** A 60-minute class designed for ages 65+ that works on balance, cardio, strength, and flexibility. Class is performed with a chair. Blood pressure/oxygen levels are recorded before class.
Intensity: low. Duration: 60 minutes
- PiYo™** PiYo™ is a unique class designed to build strength and gain flexibility. It 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.
Intensity: low to moderate. Duration: 60 minutes

Mind/Body Classes

- 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.
Intensity: low. Duration: 60 minutes
- 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.
Intensity: moderate. Duration: 45 minutes
- Yoga Gold** For everyone, but geared for ages 55+. Yoga Gold can be performed on chairs and may include meditation.
Intensity: low to moderate. Duration: 45 minutes

Fitness Enhancement Classes

6 Week Fitness Trial October 1 – November 10

- Heart Rate Training** A must try class where you get to choose the piece of cardio equipment that you prefer and the mode that you prefer to increase your heart rate.
Intensity: low to moderate. Duration: 45 minutes
- Recovery** You may use foam rollers, straps and other tools to release your muscles for quicker recovery.
Intensity: low. Duration: 15 minutes

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. Schedule subject to change.

For the most current schedule, please go to <http://www.akrongeneral.org/lifestyles> or download the LifeStyles app.