

Cleveland Clinic Akron General Health & Wellness Center, Stow

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	6:00 a.m.		Cycle 45 Roger		Cycle 45 Roger				
	8:15 a.m.			Cycle 45 Alexis		Cycle 45 Alexis	8:15 a.m.	Cycle 50 Greg/Sam	
	9:00 a.m.		Senior Fitness Austin		Senior Fitness Austin				
	5:45 p.m.	Cycle 45 Kimberly	Cycle 45 Renelda		Cycle 360 Renelda				
	7:00 p.m.		Yoga 101 Greg						
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	
	9:15 a.m.		Tabata Bootcamp™ ● Yanette		20/20/15 ● Yanette		10:15 a.m.	Zumba® ● Janel	
	9:30 a.m.					Yoga ● Shari			
	10:30 a.m.	Yoga Gold ● Shari		Yoga Gold ● Shari		Pilates Mat ● Shari	10:30 a.m.		PiYo™ ● LuAn
	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	PumpRxxpress Janel				
POOL	9:30 a.m.	AquaRx ● Yanette		Aqua Zumba® ● Wayne					
	10:30 a.m.		AquaRx ● Yanette		AquaRx ● Yanette		10:30 a.m.	Arthritis Foundation Cathy	
	5:30 p.m.		H2O Bootcamp Cathy		H2O Bootcamp Cathy				
	6:30 p.m.	Arthritis Foundation Cathy	H2O Shallow Bootcamp Cathy	Arthritis Foundation Cathy					
GYM	5:45 p.m.		Power Intervals Kimberly		Power Intervals See App for Rotation				

Exciting additions:

- 1. Vinyasa Yoga cancelled for summer; will return in fall
- Denotes classes dependents (13 and over) can attend

The LifeStyles App hosts the current Group Fitness Class schedule. Download it in two easy steps:

- Search for "Akron General LifeStyles" in the App Store on your smart phone (available for IOS and Android)
- Download and install the FREE mobile app

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** The AquaRx workout 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. Equipment (water noodles and hand buoys) may be incorporated into this great workout.
Intensity: low to moderate. Duration: 45-60 minutes
- Aqua Zumba®** Known as the Zumba "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and 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
- 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. Are you ready to get into the BEST shape you can be?
Intensity: moderate to high. Duration: 40 minutes
- Power Intervals** One of the best ways to burn calories and increase energy! Power Intervals will push you to be your best. Class consists of cardio intervals with strength segments to change up your exercise routine! Power Intervals will teach you how to burn calories, add strength, improve balance, and gain flexibility.
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

(Participants are required to sign in at the front desk for all cycle classes)

- Cycle 45 and 50** "Geared" to all fitness levels on specially designed indoor cycles. Class may include interval, strength, endurance, and race day training. A water bottle and cycling shorts are recommended.
Intensity: low to high. Duration 45-50 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 that allows participants to experience an amazing aerobic workout while 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** PumpRx and PumpRxxpress - 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. PumpRx challenges all of your major muscle groups while you squat, press, lift and curl. 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 PumpRx. Duration: 45 minutes PumpRxxpress
- 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

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 or ask for an entry ticket for all cycle classes. Schedule subject to change.

For the most current schedule, please go to <http://www.akrongeneral.org/lifestyles> or download the LifeStyles app (see instructions on front of flier.)