

STUDIO 1	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	600a		<b>Cycle 60</b> Roger		<b>Cycle 60</b> Roger		815a 830a		
	815a	<b>Cycle Strong</b> Aurelia		<b>Cycle 45</b> Chad		<b>Cycle 45</b> Chad			<b>Cycle 60</b> Carol
	900a		<b>Senior Fitness</b> Stephanie		<b>Senior Fitness</b> Stephanie				<b>Cycle 60</b> Renelda
	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
	900a		<b>Core Focus</b> Lori		<b>Core Focus</b> Lori		730a	<b>Interval Training Exp</b> Renelda	
	930a	<b>Pilates Mat</b> Aurelia	<b>TABATA BOOTCAMP</b> Lori		<b>Adv Strength</b> 9:30a Lori 10:00a Lori	<b>Yoga</b> Shari		815a	<b>Extreme Kickbox</b> (45min) Lori
	1030a	<b>Yoga Gold</b> Shari		<b>Yoga Gold</b> Anne	<b>BodyWorks</b> Barre Anne				900a
	430p	<b>BalanceRx</b> 5:00p LuAn	<b>Precision Strength</b> Carol		<b>Precision Strength</b> Carol		1000a	<b>ZUMBA FITNESS</b> Wayne	
	530p	<b>20/20/20</b> Renelda	<b>Rock Bottom</b> Carol	<b>ZUMBA FITNESS</b> Jeananne	<b>Rock Bottom</b> Fitness Staff				
	600p		<b>TABATA BOOTCAMP</b> 600p Crystal		<b>TABATA BOOTCAMP</b> 600p Crystal	<b>ZUMBA Kids</b> 600p Wayne			
	630p	<b>ZUMBA FITNESS</b> 630p Wayne		<b>Precision Strength</b> 630p Renelda			<b>ZUMBA FITNESS</b> 645p Wayne		
	700p		<b>Yoga 101</b> Anne						

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

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	900a	<b>AquaRx</b> Mary Dewey		<b>ZUMBA</b> 8:30a Deneen		<b>AquaRx</b> Deb Faber Cailor	1030a		
	1030a		<b>Aqua Lite</b> Mary		<b>Aqua Lite</b> Mary			<b>Arthritis Foundation</b> Cathy	
	530p		<b>H2OBootcamp</b> Cathy		<b>ZUMBA</b> Deneen				
630p			<b>Arthritis Foundation</b> Cathy						

Classes that Dependents may attend - Dependent Hours: Mon-Thu 9a-11a, 3p-530p, 730p-10p / Fri 9a-11a and 3p-10p / Sat-Sun 9a-6p

## LifeStyles Group Exercise Class Descriptions NORTH

### Aqua Classes

Aqua Lite	A shallow water workout that is easy to follow and easy on the joints.
Aqua Zumba®	The Zumba® pool party combining Zumba® and an aqua class for an invigorating workout! <b>Intensity: Low to moderate.</b>
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?
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.
Qi -Yoga	Similar to Tai Chi, Qi Gong is influenced by martial arts, and observance of nature moving in harmony. Unlike Tai Chi, Qi Gong is random exercise forms and can be performed at any age without previous experience and can even be done in chairs. This class combines QiGong 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.
Yogalates Yogalates Plus	Increase your strength, flexibility and stamina with this class that combines the best of what yoga and Pilates has to offer. Note: Yogalates PLUS includes Qi Gong and Tai Chi segments.

**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).**