LIFESTYLES
AKRON GENERAL
HEALTH & WELLNESS CENTER

GROUP EXERCISE Holiday Classes

Thanksgiving Day Classes

Time	Class		Instructor
7:00a	Cycle	Studio 2	Heidi Santucci
9:15a	Cardio Intervals	Studio 1	Maureen Nagy

LifeStyles' Hours: 5:30a-1:00p

Black Friday Classes

(Nov 29th, the day after Thanksgiving)

Time	Class		Instructor
8:10a	PumpRx	Studio 1	Lorraine Catazaro
8:30a	Cycle	Studio 2	Cindy McKeever
9:15a	PumpRx	Studio 1	Cristy Esposito
9:30a	Pilates Mat	Studio 2	Lisa Conrow
10:30a	Zumba	Studio 1	Cristy Esposito

LifeStyles' Hours: 5:30a-10:00p

New Year's Day Classes

Time	Class		Instructor
8:30a	Cycle	Studio 2	Roger Dill
8:30a	YogaRx	Studio 1	Shari Romsey
9:40a	PumpRx	Studio 1	Laurie Cingle
10:30a	EST Intervals	Basketball Court	Billy Gray

LifeStyles' Hours: 8:00a – 2:00p

LIFESTYLES
AKRON GENERAL HEALTH & WELLNESS CENTER

Group Exercise Holiday Schedule - Green

December 23 - 31, 2013

STUDIO 1 / GYM / FITNESS

Time	Dec 23 & 30 Monday	Dec 24 & 31 Tuesday	25-Dec Wednesday	26-Dec Thursday	27-Dec Friday	Time	28-Dec Saturday	29-Dec Sunday
545a	PumpRx Randy Fetters		Happy Holiday LifeStyles Closed			830a	PumpRxress Laurie Cingle	
915a	PumpRx Cristy Esposito	EST Intervals on 12/24 Gym (Billy)			PumpRx 9:15a Randy	930a	PumpRx Randy Fetters	
915a	HealingRx Fitness Desk	Cardio Intervals on 12/31 Maureen				1045a	ZUMBA FITNESS Cristy Esposito	
1030a	ZUMBA FITNESS Caiti Basler	ZUMBA FITNESS on 12/24 LoriLyons on 12/31 Tina C.						
530p	PumpRx on 12/24 LaurieCingle on 12/30 Lorraine C.	LifeStyles Closes 5:30p		ZUMBA FITNESS Caiti Basler		530p		
600p				Gym Intervals Gym (Andrew)	CircuitRx Fitness Desk	600p		
640p	Turbo KICK Extreme w/ Sarah			PumpRx Randy Fetters		640p		
715p				TreadRx Treadmills (Adam)		715p		

STUDIO 2

Time	Dec 23 & 30 Monday	Dec 24 & 31 Tuesday	25-Dec Wednesday	26-Dec Thursday	27-Dec Friday	Time	28-Dec Saturday	29-Dec Sunday
545a		Cycle Heidi Santucci	Happy Holiday LifeStyles Closed		Cycle Heidi Santucci	545a		
8:30a				Cycle 8:30a Susan Hoag		830a	Cycle Roger Dill	
9:30a		YogaRx Shari Romsey		YogaRx Shari Romsey	Pilates Mat Lisa Conrow	930a	Cycle Roger Dill	
515p	ZUMBA toning Lori Lyons	LifeStyles Closes 5:30p		Cycle Sarah McGlinchy				
600p	YogaRx Shari Romsey							

POOL

Time	Dec 23 & 30 Monday	Dec 24 & 31 Tuesday	25-Dec Wednesday	26-Dec Thursday	27-Dec Friday	Time	28-Dec Saturday	29-Dec Sunday
915a	aqua ZUMBA Tina Coffman	AquaRx DJ Griggs	Happy Holiday LifeStyles Closed			810a	AquaRx DJ Griggs	
630p	aqua ZUMBA Lori Lyons					930a	Healing Waters Lorraine Catazaro	

GET THE GROUP-RX ADVANTAGE!

Motivation. Inspiration. Results.

"Rx" classes are great multi-level starting points for people new to LifeStyles group ex - PumpRx, BalanceRx, CoreRx, TreadRx, AquaRx, YogaRx.

HOLIDAY SCHEDULES:

New Year's Day, Jan. 1st	LifeStyle Hours: 8:00a-2:00p	8:30a Cycle, 8:30a YogaRx, 9:40a PumpRx , 10:30a EST Intervals