

**Cleveland Clinic Akron General Health & Wellness Center, Green**

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO 1	5:45 a.m.		<b>PumpRx</b> Chris	<b>Morning Stretch</b> Lori	<b>PumpRx</b> Chris		<b>PumpRx</b> Chris	
	8:15 a.m.		<b>YogaRx</b> Shari	<b>Barre Above®</b> Cristy	<b>Pilates Mat</b> Shari	<b>Barre Above®</b> Deneen	<b>YogaRx</b> Deneen	<b>BodyFlex</b> Cindy
	9:15 a.m.				<b>BodyFlex</b> Seara	<b>BodyFlex</b> Seara		<b>Step Interval</b> Cindy (9:30 AM)
	10:30 a.m.		<b>Zumba®</b> Caiti	<b>LifeFit</b> Kristina	<b>YogaRx</b> Deneen	<b>LifeFit</b> Kristina		
	4:40 p.m.		<b>Barre Above®</b> Cristy		<b>Tabata BC™</b> Maureen	<b>Step Interval</b> Cindy		
	5:30 p.m.		<b>PumpRx</b> Lori	<b>YogaRx</b> Deneen	<b>PumpRx</b> Lori	<b>Zumba®</b> Caiti		
	6:30 p.m.			<b>Step Interval</b> Cindy	<b>TreadRx</b> Susan (Fitness Floor)	<b>BodyFlex</b> Cindy		
GYMNASIUM	8:30 a.m.							<b>Tabata BC™</b> Tim
	9:15 a.m.		<b>Total Body Int.</b> Amy	<b>Tabata BC™</b> Maureen		<b>Tabata BC™</b> Pam	<b>Total Body Int.</b> Amy	
	6:15 p.m.		<b>Tabata BC™</b> Pam (6:30 PM)	<b>Total Body Int.</b> Amy		<b>Total Body Int.</b> Amy		
STUDIO 2	5:45 a.m.			<b>Cycle</b> Pam		<b>Cycle</b> Ray	<b>Morning Stretch</b> Lori	
	7:15 a.m.							<b>Cycle</b> Cindy
	8:15 a.m.							<b>YogaRx</b> Peggi
	5:30 p.m.		<b>YogaRx</b> Shari	<b>Cycle</b> Ray	<b>YogaRx</b> Shari	<b>Cycle</b> Cindy		
POOL	9:15 a.m.		<b>Aqua Zumba®</b> Frances (Leisure Pool)	<b>AquaRx</b> DJ (Leisure Pool)	<b>Aqua Zumba®</b> Frances (Leisure Pool)	<b>AquaRx</b> DJ (Leisure Pool)	<b>Aqua Zumba®</b> Deneen (Leisure Pool)	<b>Healing Waters</b> Peggi (Therapy Pool)
	10:30 a.m.		<b>Healing Waters</b> Ray (Therapy Pool)		<b>Healing Waters</b> Susan (Therapy Pool)			
	6:30 p.m.		<b>Total Body Int.</b> Lori (Leisure Pool)	<b>AquaRx</b> DJ (Leisure Pool)	<b>Total Body Int.</b> Amy (Leisure Pool)	<b>AquaRx</b> DJ (Leisure Pool)		

All Classes listed on this schedule are free with  
your membership

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## Muscular Strength and Endurance

**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. 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**

**Total Body Intervals** (land) – One of the best ways to burn calories and increase energy!! Total Body Intervals will push you to be your best. Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Land: Total Body Intervals will teach you how to burn calories, add strength, improve balance, and gain flexibility. **Intensity: completely up to you!! Low, Moderate, or High**

**LifeFit** – The low-impact, whole body group fitness workout that uses dumbbells, body weight and the track to boost everyday fitness. **Intensity: Low**

**Tabata Bootcamp™** – Based on the most current research in fitness!! This revolutionary program combines bootcamp fitness with the hottest trend to hit the scene—High Intensity Interval Training. You can get your workout done in half the time, and boost your metabolism to keep burning calories for hours after your workout is over. **Intensity: Moderate to High**

**Barre Above®** – Blends the latest exercise science with the principles of the Lotte Burke method (the genesis of the Barre movement) delivering a fusion of ballet, pilates, yoga and strength training in each workout. **Intensity: Low to Moderate**

**BodyFlex** – One of the fastest ways to get in shape!! The 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. BodyFlex challenges all of your major muscle groups while you squat, press, lift and curl. Advantage and the results you've been looking for. **Intensity: Moderate to High**

## Mind/Body

**YogaRx** – Builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low to Moderate**

**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. Performed on yoga mat. Some may use small equipment. **Intensity: Low to Moderate**

**Morning Stretch** - 30 minutes of light stretching to get your body ready for the day - **Intensity: Low**

## Aqua

**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**

**Healing Waters** – Experience: Deep inner warmth...Pain relief...Relaxation...Stress relief... Improved range-of-motion...Gentle movement; especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. **Intensity: Just right!!**

**AquaRx** – 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. **Intensity: Low to Moderate**

**Total Body Intervals** (water) – One of the best ways to burn calories and increase energy!! Total Body Intervals will push you to be your best. Brief (45 secs) bursts of high-intensity work followed by short recovery periods (15 sec) boost metabolism and burn more calories. Water: buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: completely up to you!!**

## Cardiovascular Endurance

**Cycle** – The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within- sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

**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. Each Zumba class is vibrant, unique, and varied- and like many of Lifestyles programs, a new Zumba® release is produced every 2 months with new music and choreography. **Intensity: Moderate to High**

**Step Interval** – Combines rhythmic aerobic exercise with strength moves. After an initial warm-up, cardio segments of 3-5 minutes utilizing a step alternate with body sculpting segments of 3 minutes to improve cardiovascular fitness and muscular strength. Cool down and stretching exercises complete the class. **Intensity: Moderate to High**

**TreadRx** - The indoor treadmill workout held on the fitness floor where you walk or run as motivating music directs the pace. Led by a knowledgeable running/walking coach, travel vicariously over hill and dale using techniques like intervals, Fartleks and tempo variations. **Intensity: Low, Moderate, or High**

Children age 13 to 17 may attend GEX classes under the following conditions:

1. Class start time is within LifeStyles dependent hours.
2. Parent/guardian must be participating in the class with children ages 13 to 15.