

Cleveland Clinic Akron General Health & Wellness Center, Green

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO 1	5:45 a.m.		PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	Morning Stretch Peggi	PumpRx Chris	
	8:15 a.m.		YogaRx Shari	Barre Above® Cristy		Barre Above® Deneen	YogaRx Deneen	BodyFlex Cindy
	9:15 a.m.		PumpRx FOD		PumpRx FOD		PumpRx FOD	Step Interval Cindy
	10:30 a.m.					Zumba® Carol		
	4:40 p.m.		Barre Above® Cristy	Zumba® Carol	Functionally Fit Maureen	Step Interval Cindy		
	5:30 p.m.		BodyFlex Cindy	YogaRx Deneen	Step Zumba® Carol	Zumba® Carol		
	6:30 p.m.			Step Interval Cindy		Body Flex Cindy		
STUDIO 2	5:45 a.m.			Cycle Tim		Cycle Ray		
	7:15 a.m.							Cycle Cindy
	10:30 a.m.				YogaRx Deneen			
	5:30 p.m.		YogaRx Shari		YogaRx Shari	Cycle Cindy		
GYMNASIUM	8:30 a.m.							Total Body Int. Tim
	9:15 a.m.		TBI Amy	Tabata BC™ Maureen		Tabata BC™ Pam	TBI Amy	
	10:30 a.m.		Self Defense Haley*starts 4/15/24	LifeFit Josh		LifeFit Josh		
	6:15 p.m.			TBI Amy		TBI Amy		
	6:30 p.m.		Tabata BC™ Pam					
POOL	9:15 a.m.		Aqua Zumba® Frances (Leisure Pool)	AquaRx DJ (Leisure Pool)	Aqua Crush Frances (Leisure Pool)	AquaRx DJ (Leisure Pool)	Aqua Zumba® Deneen (Leisure Pool)	Healing Waters Peggi (Therapy Pool)
	10:30 a.m.		Healing Waters Ray (Therapy Pool)		Healing Waters Frances (Therapy Pool)			
	6:30 p.m.		Total Body Int. Peggi (Leisure Pool)	AquaRx DJ (Leisure Pool)	Total Body Int. Peggi (Leisure Pool)	AquaRx DJ (Leisure Pool)		

All Classes listed on this schedule are free with
your membership

ASK ABOUT BALLROOM & LINE DANCE
LESSONS!!!!

Scan to download our App!

Android



Apple



Scan to visit our website!

akrongeneral.org/lifestyles

