Cleveland Clinic
Akron General
LifeStyles

Classes on this schedule are free with your membership

GROUP EXERCISE Class Schedule 2026

Cleveland Clinic Akron General Health & Wellness Center, Bath

STUDIO 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 a.m.		Strength Focus Express Beth	Strength Focus Express Beth	Decompress Beth				
6:45 a.m.	Mobility Focus Beth		Mobility Focus Beth		Mobility Focus Beth			
7:45 a.m.			Barre Fusion Morgan			8:00 a.m.	Cardio Mix Rotating-see app	
8:30 a.m.	TurboKick™ Maureen	Zumba® Frances	Zumba® Mix Frances/Barbie (8:35 a.m.)	Cardio 4 All Molly	Zumba® Frances/Lorena	9:00 a.m.		Yoga Bob
9:30 a.m.	Pilates Mat Karen H	Strength Focus Cynthia	Kickbata Molly	Strength Focus Karen H	Cardio Strength Fusion Sue	9:15 a.m.	Strength Focus Cynthia	
10:30 a.m.	Strength Focus Cynthia	Zumba® Jeananne	Yoga Argie	Zumba® Jeananne		10:15 a.m.		Yoga Argie
11:30 a.m.	Zumba® Gold Wayne	Pilates Megan	Core Focus Cynthia	Pilates Megan				
12:30 p.m.	LifeFit Cynthia	Yoga Megan	Strength Focus Express Cynthia	Yoga Megan	LifeFit Cynthia			
5:00 p.m.	Core Focus Cynthia	Yoga Argie	Core Focus Cynthia		Core Focus Cynthia			
5:35 p.m.	HIIT Morgan							
6:00 p.m.			Zumba® Gold Wayne					
6:15 p.m.		Strength Focus Judy		Strength Focus Judy				
6:30 p.m.	Zumba® Diane							
7:00 p.m.			Yoga Argie					

STUDIO 2

6:00 a.m.	Cycle 45 Beth		Cycle 60 Karen F		Cycle 45 Beth			
8:15 a.m.	Cycle 60 Karen F				Cycle 60 Karen H	9:30 a.m.	Cycle 45 Paula	
9:30 a.m.					Yoga Karen H			
5:30 p.m.			Step Paula					

POOL

9:00 a.m.	Aqua Shallow Fit Cathy	Aqua Deep Jane	Aqua Shallow Fit Jane	Aqua Bootcamp Karen F	Aqua Shallow Fit Cathy	9:00 a.m.	Aqua Shallow Fit Jane/Frances	Aqua Groove Frances
11:15 a.m.		Healing Waters Jane		Healing Waters Jane		11:15 a.m.	Healing Waters Jane/Frances	
6:00 p.m.			Aqua Crush Lorena					

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

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Scan to download our App!
Android
Apple

Scan to visit our website!
akrongeneral.org/lifestyles

Children ages 13 to 15 may attend GEX classes under the following conditions:
1. Class start time is within LifeStyles dependent hours. (Ex., Mon. – Fri., 5:15 p.m. permitted, Mon. – Fri., 5:30 p.m. not permitted; Sat., 9:30 a.m. permitted, Sat., 8:30 a.m. not permitted;)
2. Parent/guardian must be participating in the class with children ages 13 to 15.

Muscular Strength/Endurance

Strength Focus - A full-body strength training class that uses a variety of equipment, including barbells, dumbbells, resistance bands, and bodyweight exercises. Develop muscle, improve technique, and boost overall power with compound lifts and functional movements. Scalable and effective for all fitness levels. ***Intensity: Moderate to High***

Core Focus - This 30-minute class includes strengthening the abs, back, glutes and more to enhance core strength. ***Intensity: Moderate***

LifeFit - Restore yourself back to how you were meant to move using holistic exercise in cardiovascular endurance, strength, flexibility, balance, range of motion, proprioception and body awareness training. ***Intensity: Low to Moderate***

Barre Fusion - A barefoot class that focuses on strength, coordination, and balance using the elements of dance and yoga. ***Intensity: Moderate***

Cardio Barre Fusion - Movement inspired by ballet, strength training, yoga, and Pilates. Class will be broken into segments of strength and segments of low impact cardio, using various props to challenge balance and enhance overall movements. ***Intensity: Moderate to High***

Cardio-Strength Fusion - A dynamic, full-body class that blends steady-state cardio with functional strength training. This class is designed to

Cardiovascular Endurance

Kickbata - A high-intensity interval training class that incorporates kickboxing moves. ***Intensity: Moderate to high***

TurboKick™ - The freshest music and moves, inspired by dance, boxing and martial arts, come together to create a cardio PARTY but be ready for the SIREN - it means you get a bonus cardio BLAST! ***Intensity: Moderate to High***

Zumba Toning® - A dance-based workout that uses lightweight weights to tone and sculpt muscles. It's similar to a regular Zumba class, but with added resistance. ***Intensity: Moderate***

Zumba® Gold - An exhilarating, Latin-inspired, easy-to-follow class designed for older adults or those with mobility issues, but can also be beneficial for beginners and those recovering from injuries. ***Intensity: Low***

Zumba® - An exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party! ***Intensity: Moderate to High***

Cardio Mix - Burn calories and sweat it out to upbeat cardio moves mixed with power intervals. ***Intensity: Moderate to High***

Step - A fun, high-energy cardio workout using a step platform and choreographed moves set to music. ***Intensity: Moderate to High***

HIIT - A high intensity interval training class that incorporates cardio, strength, and core conditioning. ***Intensity: High***

Cardio 4 All - An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels. ***Intensity: Moderate to High***

Aqua

Aqua Groove - Aqua Groove (Dance) blends traditional dance with water resistance for a low-impact, full-body workout. It features rhythmic movements, making it a fun and engaging way to stay active. ***Intensity: Low, Moderate or High***

Aqua Shallow Fit - Shallow water classes emphasizing strength, core stability and cardio. ***Intensity: Low to Moderate***

Aqua Bootcamp - Burn calories and boost energy in this high-intensity bootcamp water class. Water buoyancy lets you move easily, allowing for a tough workout with less impact. ***Intensity: Low to Moderate***

Healing Waters - Conducted in warm water to reduce arthritis pain providing gentle resistance to build strength and support joints. ***Intensity: Low***

Aqua Deep - A deep water workout emphasizing cardio fitness, corestrength, and flexibility. Aqua belts & noodles provided. ***Intensity: Moderate to High***

Aqua Crush - Shallow water workout focused on cardio intensive exercises. ***Intensity: Moderate to High***

Mind/Body

Yoga – 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***

Mobility Focus - This class is designed to improve joint health, increase range of motion, and enhance overall movement quality. Through a blend of dynamic stretching, controlled movement, and functional mobility drills, you'll develop better body awareness and reduce stiffness and tension. ***Intensity: Low to Moderate***

Gentle Yoga - 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***

Decompress – Combination stretch and relaxation to relieve tension/stress and improve mobility. ***Intensity: Low***

Cycling

Advanced Cycle – Sport performance training geared towards cyclists and triathletes who want to maintain their fitness during “off season.” *Advanced registration required.* ***Intensity: High***

Cycle 45/60 - An intense 45/60 minutes of cycling including intervals and anaerobic threshold training. Intensity: ***Moderate to High***