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, Green

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	5:45 a.m.	**Strength Focus** Chris	**Mobility Focus** Ginger	**Strength Focus** Chris	**Mobility Focus** Ginger	**Strength Focus** Chris		
	6:35 a.m.		**Core Focus** Ginger		**Core Focus** Ginger			
	8:15 a.m.	**Yoga** Deneen	**Barre Fusion** Cristy		**Barre Fusion** Deneen	**Yoga** Deneen	**Strength Focus** Cindy	**Mobility Focus** Mary
	9:15 a.m.	**Strength Focus** Ginger		**Strength Focus** Ginger		**Strength Focus** Ginger	**Step** Cindy	
	10:30 a.m.			**Yoga** Deneen				
	4:40 p.m.	**Strength Focus** Cindy			**Step** Cindy			
	5:30 p.m.	**Strength Focus** Cindy	**Yoga** Deneen	**Strength Focus** Cindy	**Barre Fusion** Brooke			
	6:15 p.m.			**Core Focus** Cindy				
	6:30 p.m.		**Step** Cindy					
STUDIO 2	5:45 a.m.		**Cycle 45** Ray		**Cycle 45** Ray			
	7:15 a.m.						**Cycle 45** Cindy	
	5:30 p.m.	**Gentle Yoga** Mary		**Gentle Yoga** Mary	**Cycle 45** Cindy			
GYMNASIUM	8:30 a.m.						**HIIT** Howard	
	9:15 a.m.	**HIIT** Haley	**Cardio Strength Fusion** Marureen			**HIIT** Haley		
	10:30 a.m.		**LifeFit** Haley		**LifeFit** Haley			
	6:15 p.m.		**HIIT** Howard		**HIIT** Howard			
POOL	9:15 a.m.	**Aqua Groove** Frances	**Aqua Shallow Fit** DJ	**Aqua Bootcamp** Carol	**Aqua Shallow Fit** DJ	**Aqua Groove** Carol	**Healing Waters** Mary (Therapy Pool)	
	10:30 a.m.	**Healing Waters** Frances (Therapy Pool)		**Healing Waters** Ray (Therapy Pool)				
	6:30 p.m.	**Aqua Bootcamp** Ray	**Aqua Shallow Fit** DJ	**Aqua Bootcamp** Mary	**Aqua Groove** Carol			

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 and 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 Strength Fusion – A dynamic, full-body class that blends steady-state cardio with functional strength training. This class is designed to keep your heart rate moderately elevated while focusing on muscle endurance, stability, and total-body conditioning. ***Intensity: Low to High***

Aqua

Aqua Shallow Fit - A low-impact, high-energy aqua workout for all ages and fitness levels. These dynamic cardiovascular routines tones and shapes the entire body, with optional equipment like water noodles and hand buoys ***Intensity: Low to Moderate***

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

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***

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***

Mind/Body

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***

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***

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***

Cardiovascular Endurance

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

Dance Fitness – Groove to energizing beats in a full-body workout that boosts cardio, flexibility, coordination, and mood through high-energy dance and strength moves. ***Intensity: Moderate to High***

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

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