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, Stow

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	6:00 a.m.		**Cycle 45** Jay		**Cycle 45** Jill				
	9:00 a.m.		**LifeFit** Fitness		**LifeFit** Fitness		9:15 a.m.	**Cycle 45** Jay	**Cycle Strong** Jay
	5:30 p.m.				**Cycle Strong** Kimberly				
	6:45 p.m.		**Yoga** Laura		**Chair Yoga** Jessica				
STUDIO 2	6:00 a.m.	**HIIT** Heather		**HIIT** Jay		**HIIT** Heather (Gym ½ court)			
	8:30 a.m.		**Yoga** Mary		**Yoga** Mary		8:15 a.m.	**HIIT** Kimberly	
	9:15 a.m.						9:15 a.m.		**Barre Fusion** Alexis
	9:30 a.m.	**Cardio Strength Fusion** Kimberly/Josh	**HIIT** Yanette	**Strength Focus** Yanette	**Cardio Strength Fusion** Yanette	**15/15/15** Josh			
	10:15 a.m.						10:15 a.m.	**Strength Focus** Jay	**ZUMBA Fitness®** Lorena
	10:30 a.m.	**Gentle Yoga** Mary	**Mobility Focus** Yanette	**Zumba® Gold** Lorena					
	5:30 p.m.	**15/15/15** Renelda	**Cardio Strength Fusion** Renelda	**Strength Focus** Renelda					
	6:30 p.m.	**Dance Fitness** Christine	**WERQ Fitness®** Shana						
POOL	9:30 a.m.	**Aqua Groove** Lorena		**Aqua Groove** Lorena			10:00 a.m.	**Healing Waters** Brooke	
	10:30 a.m.		**Aqua Shallow Fit** Lorena		**Aqua Deep** Susan		11:30 a.m.		**Aqua Groove** Lorena
	6:30 p.m.	**Healing Waters** Cathy		**Healing Waters** Cathy					
	7:00 p.m.		**Aqua Bootcamp** Mary						
	7:30 p.m.	**Healing Waters** Cathy		**Healing Waters** Cathy					

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: Low to High***

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***

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***

15/15/15 – Experience all 3 components of fitness in one class! This workout is 15-minutes of Core, 15-minutes of Cardio and 15-minutes of Strength. ***Intensity: Moderate to High***

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

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***

Chair Yoga – In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits include increased mobility, strength, stretch, reduce stress, reduce pain & clear the mind. Promotes healing & is for all ages! ***Intensity: Low***

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***

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 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, core strength, and flexibility. Aqua belts & noodles provided. ***Intensity: Moderate***

Cardiovascular Endurance

WERQ Fitness® – WERQ® is a wildly addictive cardio dance workout with athletic moves based on trending pop and hip-hop music. ***Intensity: Moderate to High***

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

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***

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***

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

Cycle Strong – Includes cycle, core, and weights. ***Intensity: Low to High***