



Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Semi-Private Training 5:00-6:00am Nikki				
	Empower 5:30-6:30am Michele	Assault 5:30-6:30am Dana	Empower 5:30-6:30am Dana	Assault 5:30-6:30am Jordan	Empower 5:30-6:30am Jen	
			Spinning 5:30 - 6:30am JJ		Spinning 5:30 - 6:30am JJ	
	GentleFlow Yoga 8:00 - 9:00am Nassim	Pilates 8:00 - 9:00 Jacquie	GentleFlow Yoga 8:00 - 9:00am Nassim	Pilates 8:00 - 9:00am Nikki	GentleFlow Yoga 8:00 - 9:00am Nassim	Empower 8:00-9:00am Katie
		Step 8:00-9:00 Nikki		Vinyasa Flow 9:00 - 10:00am Tina		Spinning 8:00-9:00 Amanda
Step 8:30 - 9:30am Michele	Ignite 8:30-9:00am Dana					
Barre 9:30 - 10:30am Dana						
Ripped 9:30 - 10:30am Kim						
	Assault 9:00 - 10:00am Kim	Ripped 9:00 - 10:00am Nikki	Empower 9:00 - 10:00am Kim	Ripped 9:00 - 10:00am Nikki	Assault 9:00 - 10:00am Nikki	Ab Attack 9:00-10:00 Amanda/Lizzie
		Spinning 10:00 - 10:30am Nikki	Semi-Private Training 10:30 - 11:30am Kim	Spinning 10:00 - 10:30am Nikki	SilverSneakers Yoga 10:00 - 11:00am Nassim	Semi-Private Training 9:00-10:00 Katie
	SS - Classic 11:00 - 12:00pm Nikki	SS - CardioFit 10:45 - 11:45am Nikki	SS - Classic 11:00 - 12:00pm Nikki	SS - CardioFit 10:45 - 11:45am Nikki	SS - Classic 11:00 - 12:00pm Nikki	
	Empower 12:00 - 1:00pm Kim	Ignite 12:00-12:30pm Dana	Empower 12:00 - 1:00pm Kim	Ignite 12:00-12:30pm Dana	Empower 12:00 - 1:00pm Kim	
		Semi-Private Training 12:30 - 1:30pm Dana		Semi-Private Training 12:30 - 1:30pm Dana		
	Empower 5:30 - 6:30pm Katie	Ripped 5:30 - 6:30pm Amanda	Empower 5:30 - 6:30pm Katie	Ripped 5:30 - 6:30pm Amanda		
	Spinning 5:30 - 6:00pm Nikki	Semi-Private Training 5:30 - 6:30pm Jen		Semi-Private Training 5:30 - 6:30pm Jordan		
	Ab Attack 6:00 - 6:30pm Nikki	Assault 6:30 - 7:30pm Jordan	Semi-Private Training 6:30 - 7:30 Katie	Assault 6:30 - 7:30pm Jordan		
	Ignite 6:30 - 7:00pm Katie		Spinning 6:30 - 7:00pm Lizzie			
	Yoga Align 7:00 - 8:00pm Garrett		Ab Attack 7:00 - 7:30pm Lizzie			



Note: Only Semi-Private Clients have access to the "Semi-Private Training Sessions". These are customized routines for the clients in these sessions.

Large Fitness Studio	Yoga Studio	Spin Studio
Semi-Private Training		SilverSneakers - Large Fitness Studio

Download our Mobile App for easy class registration, or register online at www.akronfitnessandwellness.com.



RESISTANCE TRAINING

AB ATTACK (Yoga Studio or Large Fitness Studio)

Challenge your POWERHOUSE in this 30 minute class. Exercises focus on strengthening the entire torso which includes the abdominals, obliques, and lower back muscles. Core strength helps with balance and many daily tasks. Stability balls, resistance tubes and/or weights may be used. All fitness levels welcome.

BARRE (Yoga Studio)

An innovative workout program that combines isometric exercises and orthopedic stretches to systemically lengthen and sculpt your muscles and create a beautiful, lean body. Our process is similar to interval training, but we've taken that concept to the next level to make it even more effective. Barre's interval sets use your body's own weight as resistance and through dynamic exercises, your muscles are targeted and overloaded to the point of fatigue, then stretched for relief.

EMPOWER (Large Fitness Studio)

A challenging high-energy total body conditioning workout that incorporates Resistance, Power and Endurance training. This class rotates in a station format and will incorporate a variety of tools such as resistance bands, dumb bells, barbells, TRX straps to provide different challenges. Strength intervals will be interrupted with quick cardio segments to raise the heartrate. While the class contains a mix of both cardio and resistance training, that percentage is approximately 65-70% strength and 30-35% cardio. Get ready to build strength and stamina and empower yourself.

Semi-Private Training (Turf Room or Personal Training Studio)- Semi-Private Clients Only

An one hour individualized strength training routine designed specically to meet your goals, medical issues and limitations. Sessions are limited to 3 clients so the trainer can assist you with form and modifications. Sessions will begin with an active dynamic warm up followed by 35 minutes of strength training, cool down, and corrective movements.

RIPPED (Large Fitness Studio)

All fitness levels are welcome to this 60 minute, integrated workout that combines exercises with the use of a barbell and selected weight plates along with other equipment, such as steps, free weights and a stability ball. Work all major muscle groups with the barbell and free weight segments set to lively music. If you really want to experience the full effect of strength training, this is the class for you.

METABOLIC CONDITIONING

ASSAULT (Large Fitness Studio)

A challenging high-energy total body conditioning workout that incorporates Resistance, Power and Endurance training. This class rotates in a station format and will utilize cardio equipment along with bodyweight and resistance exercises to provide different challenges. While the class contains a mix of both cardio and resistance training, that percentage is approximately 65-70% cardio and 30-35% Strength training. Get ready to assault your comfort zone to build stamina while burning fat and a ton of calories.

IGNITE (Large Fitness Studio)

HIIT Metabolic Conditioning – (30 minutes) High Energy Athletic Training designed to challenge your body. Move through a series of simple, powerful drills to improve speed, agility, endurance and muscle definition. The main goal is to provide a total body workout and produce goal oriented results by burning fat and a ton of calories. Variety of equipment used.

SPINNING (Spin Studio)

Top-notch instructors, invigorating music and visualization come together to make Spinning class both fun and effective. If you've ever left a group exercise class feeling frustrated, you'll appreciate that there are no complicated moves to learn with the Spinning program. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride.

STEP (Large Fitness Studio)

In step aerobics, your workout travels vertically rather than horizontally. You place a step of four to ten inches in height before you, and the routine is arranged so that students step up and down to the music. The smallest step (and the one beginners should use) is four inches high: they increase in height by two inch increments, so you can add risers to your initial step as your fitness level increases.

RECOVERY - FLEXIBILITY AND BALANCE

FLOOR PILATES - (Yoga Studio)

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain.

YOGA - (Yoga Studio)

Yoga Align - Each class starts with a lesson where students may learn about a specific muscle, a class of poses or a unique asana. After a 10 min seated meditation, students apply alignment cues along with the lesson taught at the beginning of class to a variety of asana. 10 min near the middle of class are dedicated to working on inversions. Class ends with a minimum of 10 min sav asana.

Gentle Flow - This 60 min class is a gentle flow focusing on breathing and posture at a slower more gentle tempo.

Vinyasa Flow - This 60 min class will focus on teaching basic Baron Baptiste yoga. It is the perfect class to experience your mind body connection through your breathe. You will also be challenged in strengthened the core, stretching, balance, and meditation.

SILVERSNEAKERS, SILVER N FIT & OPTUM FITNESS (65 and up)

SILVERSNEAKERS CLASSIC (Large Fitness Studio)

SilverSneakers Classic is a class geared for adults 65 and up who want to improve their strength, flexibility, balance and endurance. All exercises can be done in a chair using tools such as light free weights, resistance bands and small squeeze balls. Certified Instructors lead the classes while monitoring form and exertion levels of the participants. Music is age appropriate which makes it fun and exciting.

SILVERSNEAKERS CARDIOFIT (Large Fitness Studio)

SilverSneakers CardioFit will make you forget that you are exercising as you hit the dance floor. Programmed dance routines to popular songs are led by Certified Instructors. You will be doing the tango, the salsa, the cha-cha and moving your hips in no time. This is an upbeat class that is done on your feet....so get movin and groovin to the beat. Geared towards adults 65 and up.

SILVERSNEAKERS Yoga (Large Fitness Studio)

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.