



Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Semi-Private Training 5:00-6:00am Nikki		Semi-Private Training 5:00-6:00am Dana	Semi-Private Training 5:00-6:00am Dana	
	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	
			Semi-Private Training 6:00-7:00am Kim			
Semi-Private Training 8:00 - 9:00am Jordan	Step 8:00-9:00 Nikki	LiIT 8:00-9:00 Nikki		LiIT 8:00-9:00 Nikki		Empower 8:00-9:00am Katie
Step 8:30 - 9:30am Michele						Spinning 8:00-9:00 Amanda
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 Nikki	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	LiIT 10:00-11:00 Dana
	Semi-Private Training 11:00-12:00pm Dana	Ignite 12:00 - 12:30pm Dana		Semi-Private Training 11:00-12:00 Dana	Ignite 12:00-12:30pm Dana	
	Semi-Private Training 12:00-1:00pm Dana			Semi-Private Training 12:00-1:00pm Dana		
				Semi-Private Training 4:30-5:30pm Kim		
	Empower 5:30 - 6:30pm Katie	Ripped 5:30 - 6:30pm Amanda	Semi-Private Training 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	Spinning 5:30 - 6:00pm Lizzie	Semi-Private Training 5:30 - 6:30pm Jordan		
	Ab Attack 6:00 - 6:30pm Nikki		Ab Attack 6:00-6:30pm Lizzie			
	Ignite 6:30 - 7:00pm Nikki	Assault 6:30 - 7:30pm Jordan	Empower 6:30-7:30 Katie	Assault 6:30 - 7:30pm Jordan		
	Semi-Private Training 6:30 - 7:30pm Katie					



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

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

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.

Empower

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

A one hour individualized strength training routine designed specifically 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

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

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

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 Aerobics

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.

Low Impact

Floor Pilates

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.

LiiT (Low impact interval training)

This revolutionary session harnesses the power of Pilates, Barre and Stability movements to provide you with an amazing full body workout. We provide a safe, functional and effective workout that minimizes impact on bones and joints, while sculpting and strengthening your muscles. Each workout program is carefully crafted to prevent injuries and fix muscle imbalances. LiiT will also certainly get your heart pumping and burn a lot of calories.

SilverSneakers

SilverSneakers Classic

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

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.