



Akron General LifeStyles

Designed exclusively to help you maintain the healthy lifestyle that's right for you.

LifeStyles, a medically based fitness facility at Cleveland Clinic Akron General's Health & Wellness Centers, offers a full-service program that is based on health education, screenings and the prevention/treatment of disease.

Whether it's increasing fitness, toning, eating healthier, strengthening your heart, lowering your cholesterol, losing weight or trying a new activity – we can help you.

One Membership, Multiple Locations

If you happen to live by one location and work by another, you will be happy to know that LifeStyles members have access to our three centers as another benefit of membership

Our Team

We have a dedicated, comprehensive team of degreed exercise physiologists, nationally certified personal trainers, group exercise instructors, registered dietitians and wellness experts who are ready to get you going on the road to wellness.



Getting Started

When you join LifeStyles, you will start with a free computerized fitness assessment and exercise prescription plan conducted by our degreed professionals who assist you with developing an exercise program that meets your needs. As you begin to work toward your goals, you have the opportunity to review your progress with our staff after three, six and twelve months, or whenever you feel necessary.



Personal Attention

LifeStyles staff members take pride in the one-on-one attention and have been recognized nationally for exceptional customer service and programming.



Wellness Education

LifeStyles offers many free education classes, including a monthly lecture series with degreed exercise specialists and registered dietitians. If you have a specific issue that requires assistance or would just like to learn how to improve your health through proper nutrition, Nutrition Counseling packages are available.

Personal Training

One-on-one or small group guidance with a credentialed personal trainer who motivates and coaches you through focused, individualized exercise sessions.

Group Exercise Classes

An exercise specialist will be happy to recommend classes that may help you. We provide both in person and virtual group exercise classes for members of all ages and fitness levels. Most classes are free to LifeStyles members.

Aquatics Programs

Each location offers a lap pool, whirlpool and therapy pool (available during designated times). In addition, our Green and Stow locations offer a leisure pool. The pools are used to offer a variety of classes and structured programs.

Recreation Activities

Add variety to your workout with basketball, pickleball and volleyball.

Locker Rooms

Lockers, towel service, showers, steam room, sauna, private dressing areas and a lounge are provided for your convenience. Vanity areas are available in each locker room. Family changing areas are also available.

Babysitting, KidStyles & Youth Programs

Babysitting is available for children ages six weeks and older. KidStyles is a supervised play area for youth ages 5-12 years old. Use of these areas are free for children included on family memberships. Children not part of a family membership are charged a nominal fee. Youth Days and Parents' Nights Out are also offered throughout the year.

Conveniences & Medical Services

All three LifeStyles facilities are located adjacent to medical offices, 24-hour Emergency Services, and on-site services for X-ray, ultrasound, cardiac testing and physical therapy.



LEARN MORE

For more information, please visit akrongeneral.org/lifestyles or call one of the Health and Wellness Center locations below.

Bath

4125 Medina Road
Akron, Ohio 44333
330.665.8100

Green

1940 Town Park Blvd
Uniontown, Ohio 44685
330.896.5000

Stow

4300 Allen Road
Stow, Ohio 44224
330.945.3100



Please consult your physician or primary healthcare provider before beginning any exercise program.