

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 5:30pm Zumba Toning®	3 5:30pm Core Yoga 6:30pm Group Cycling	4 5:40am Group Cycling 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	5 6:00am MetCon* 5:30pm Group Cycling	6	7 8:30am Group Cycling 9:30am Saturday Rotation - Cardio Kickboxing w/ Tammy S.
9 5:30pm Zumba Toning®	10 5:30pm Core Yoga 6:30pm Group Cycling	11 5:40am Group Cycling 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	12 6:00am MetCon* 5:30pm Group Cycling	13	14 8:30am Group Cycling 9:30am Saturday Rotation - Mix-it-up w/ Jane
16 5:30pm Zumba Toning®	17 5:30pm Core Yoga 6:30pm Group Cycling	18 5:40am Group Cycling 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	19 6:00am MetCon* 5:30pm Group Cycling	20	21 8:30am Group Cycling 9:30am Saturday Rotation - Cardio Kickboxing w/ Tammy S.
23 5:30pm Zumba Toning®	24 5:30pm Core Yoga 6:30pm Group Cycling	25 5:40am Group Cycling 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	26 6:00am MetCon* 5:30pm Group Cycling	27	28 8:30am Group Cycling 9:30am Saturday Rotation - Zumba Toning® w/ Nancy

HOURS OF OPERATION:
MONDAY - THURSDAY: 5:30AM - 10:00PM
FRIDAY: 5:30AM - 9:00PM
SATURDAY: 7:00AM - 4:00PM
SUNDAY: 9:00AM - 4:00PM

***MetCon Classes:**
Are included in Sports Performance Memberships only.



FITNESS CENTER WILL BE OPEN
9:00AM - 1:00PM ON SUNDAY APRIL 1ST



GROUP FITNESS CLASS DESCRIPTIONS: ANDERSON CAMPUS

www.getfit.sluhn.org

CARDIO KICKBOXING: This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Improve your stamina, coordination and flexibility as you build lean muscle with this fun and challenging workout!*

CIRCUIT CHALLENGE: Challenge every muscle in your body with this dynamic class. You will work with light weights, balls, bands, and even your own body weight in this challenging circuit style class.*

CORE YOGA: This all-levels class is a Yoga and Pilates Fusion which utilizes props along with classic poses to help develop core strength and stabilization while improving flexibility and posture.*

GROUP CYCLING: Enjoy a fun and invigorating workout set to music. Designed to simulate outdoor cycling on a stationary bike. Take pleasure in the benefits of a group training ride without the fear of keeping up!*

METCON: or “Metabolic Conditioning” refers to short bouts of high-intensity exercise done in fast succession. It is designed to work all the body’s energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less.** **MetCon classes are included with Sports Performance Memberships only.**

MIX-IT-UP: This class is a mash-up of strength, core, and cardio exercises. This is the perfect class to mix up your routine and challenge your body in new ways.*

ZUMBA TONING®: Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. In addition to a fantastic aerobic workout, this class will also incorporate the use of light hand weights to add a body toning element.*

* **All Fitness Levels**

** **Intermediate and Above**