

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF OPERATION: MONDAY - THURSDAY: 5:30AM - 10:00PM FRIDAY: 5:30AM - 9:00PM SATURDAY: 7:00AM - 4:00PM SUNDAY: 9:00AM - 4:00PM			1 6:00am MetCon* <i>~TIME CHANGE~</i> 5:30pm Group Cycling	2	3 8:30am Group Cycling 9:30am Saturday Rotation <i>- Circuit Challenge w/ Tammie</i>
5 5:30pm Zumba Toning®	6 5:30pm Core Yoga 6:30pm Group Cycling	7 5:45am Express Cycle 5:00pm Cardio Kickboxing <i>~TIME CHANGE~</i> 6:15pm Circuit Challenge	8 6:00am MetCon* 5:30pm Group Cycling	9	10 8:30am Group Cycling 9:30am Saturday Rotation <i>- Cardio Kickboxing w/ Tammy S.</i>
12 5:30pm Zumba Toning®	13 5:30pm Core Yoga 6:30pm Group Cycling	14 5:45am Express Cycle 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	15 6:00am MetCon* 5:30pm Group Cycling	16	17 8:30am Group Cycling 9:30am Saturday Rotation <i>- Circuit Challenge w/ Tammie</i>
19 5:30pm Zumba Toning®	20 5:30pm Core Yoga 6:30pm Group Cycling	21 5:45am Express Cycle 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	22 6:00am MetCon* 5:30pm Group Cycling	23	24 8:30am Group Cycling 9:30am Saturday Rotation <i>- Cardio Kickboxing w/ Tammy S.</i>
26 5:30pm Zumba Toning®	27 5:30pm Core Yoga 6:30pm Group Cycling	28 5:45am Express Cycle 5:00pm Cardio Kickboxing 6:15pm Circuit Challenge	<i>*MetCon Classes: Are included in Sports Performance Memberships only.</i>		

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. Work with light weights, balls, bands, or 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.*

EXPRESS CYCLE: All the benefits of our full-length Group Cycling class condensed into an efficient, but intense, 30-minute workout.*

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.**

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**