

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p><b>Fitness Center OPEN 7:00am - 1:00pm</b> <b>No Classes!</b></p>	<p>2</p> <p>6:00am 3-2-1 Express</p> <p>5:30pm <b>NO YOGA TONIGHT</b></p> <p>6:30pm Group Cycling</p>	<p>3</p> <p>5:40am Express Cycle</p> <p>6:30pm Circuit Challenge</p>	<p>4</p> <p>6:00am MetCon*</p> <p>6:30pm Group Cycling</p>	<p>5</p>	<p>6</p> <p>8:30am Group Cycling 9:30am Saturday Rotation - Zumba® w/ Miranda</p>
<p>8</p> <p>***NEW TIME*** 5:30pm INTRO to Zumba Toning®</p>	<p>9</p> <p>6:00am 3-2-1 Express</p> <p>5:30pm Core Yoga 6:30pm Group Cycling</p>	<p>10</p> <p>5:40am Express Cycle</p> <p>6:30pm Circuit Challenge</p>	<p>11</p> <p>6:00am MetCon*</p> <p>6:30pm Group Cycling</p>	<p>12</p>	<p>13</p> <p>8:30am Group Cycling 9:30am Saturday Rotation - 3-2-1 Express w/ Lenore</p>
<p>15</p> <p>5:30pm INTRO to Zumba Toning®</p>	<p>16</p> <p>6:00am 3-2-1 Express</p> <p>5:30pm Core Yoga 6:30pm Group Cycling</p>	<p>17</p> <p>5:40am Express Cycle</p> <p>6:30pm Circuit Challenge</p>	<p>18</p> <p>6:00am MetCon*</p> <p>6:30pm Group Cycling</p>	<p>19</p>	<p>20</p> <p>8:30am Group Cycling 9:30am Saturday Rotation - 3-2-1 Express w/ Lenore</p>
<p>22</p> <p>5:30pm Zumba Toning®</p>	<p>23</p> <p>6:00am 3-2-1 Express</p> <p>5:30pm Core Yoga 6:30pm Group Cycling</p>	<p>24</p> <p>5:40am Express Cycle</p> <p>6:30pm Circuit Challenge</p>	<p>25</p> <p>6:00am MetCon*</p> <p>6:30pm Group Cycling</p>	<p>26</p>	<p>27</p> <p>8:30am Group Cycling 9:30am Saturday Rotation - Circuit Challenge w/ Tammie</p>
<p>29</p> <p>5:30pm Zumba Toning®</p>	<p>30</p> <p>6:00am 3-2-1 Express</p> <p>5:30pm Core Yoga 6:30pm Group Cycling</p>	<p>31</p> <p>5:40am Express Cycle</p> <p>6:30pm Circuit Challenge</p>	<p><b>HOURS OF OPERATION:</b> <b>MONDAY - THURSDAY: 5:30AM - 10:00PM</b> <b>FRIDAY: 5:30AM - 9:00PM</b> <b>SATURDAY: 7:00AM - 4:00PM</b> <b>SUNDAY: 9:00AM - 4:00PM</b></p>		<p><b>*MetCon Classes: Are included in Sports Performance Memberships only.</b></p>

# **GROUP FITNESS CLASS DESCRIPTIONS: ANDERSON CAMPUS**

**[www.getfit.sluhn.org](http://www.getfit.sluhn.org)**

**3-2-1-EXPRESS:** This is a 40-minute HITT class (High Intensity Interval Training). The structure will be 3 minutes of Strengthening, 2 minutes of Cardio, 1 minute of Core. An efficient, total body workout, designed to get you in and out quickly!\*

**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**