



GROUP FITNESS SCHEDULE: ANDERSON CAMPUS

JULY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	1 4:45pm Group Cycle 6:00pm Pilates Fusion	2 6:00am MetCon 12:00pm Stength & Cardio 5:00pm Neuro Boxing	3 10:00am Strength & Cardio 4:00pm Strength & Cardio	 HOUR 7AM-1PM	5	6
7	8 4:45pm Group Cycle 6:00pm Pilates Fusion	9 6:00am MetCon 12:00pm Stength & Cardio 5:00pm Neuro Boxing	10 10:00am Strength & Cardio 4:00pm Strength & Cardio 5:45pm resident yoga 7:00pm Oncology Yoga	11 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	12 12 PM Stength & Cardio	13
14 	15 4:45pm Group Cycle 6:00pm Pilates Fusion	16 6:00am MetCon 12:00pm Stength & Cardio 5:00pm Neuro Boxing	17 10:00am Strength & Cardio 4:00pm Strength & Cardio 7:00pm Oncology Yoga	18 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	19 12 PM Stength & Cardio 	20
21 	22 4:45pm Group Cycle 6:00pm Pilates Fusion	23 6:00am MetCon 12:00pm Stength & Cardio 5:00pm Neuro Boxing	24 10:00am Strength & Cardio 4:00pm Strength & Cardio 5:45pm resident yoga 7:00pm Oncology Yoga	25 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	26 12 PM Stength & Cardio	27
28	29 4:45pm Group Cycle 6:00pm cardio sculpt	30 6:00am MetCon 12:00pm Stength & Cardio 5:00pm Neuro Boxing	31 10:00am Strength & Cardio 4:00pm Strength & Cardio 7:00pm Oncology Yoga	1	HOURS OF OPERATION MONDAY-FRIDAY: 5:00AM - 8:00PM SATURDAY: 7:00AM - 1:00PM SUNDAY: 9:00AM - 1:00PM	

GROUP FITNESS CLASS DESCRIPTIONS: ANDERSON CAMPUS

go.activecalendar.com/sluhn/site/getfit

ONCOLOGY SURVIVORSHIP YOGA: This class is open to all cancer survivors and patients actively receiving treatment. This class is to help reduce muscle tension, promote self healing, decrease anxiety & depression, improve overall health and feeling of well-being. This class does require registration online prior to class & there is a \$10 fee to take the class

RESIDENT & FELLOWS YOGA: Take some time to relax & stretch with a yoga flow that will improve mobility & flexibility. This class is **only** for the resident & fellow doctors.

GROUP CYCLE: This class is high intensity cardio utilizing bikes to build strength and cardiorespiratory endurance. This one hour class will get your heart pumping and your legs moving!

PILATES FUSION: This low impact class is a fusion of pilates, barre and resistance training. It focus on Core, Glute strength & Flexibility. All levels are welcome!

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.

NEURO BOXING: Fitness program centered around strength and balance utilizing boxing techniques for individuals of any skill level. The class is friendly toward Parkinson's, MS, other neurological problems, and anyone who wishes to improve balance. Please be sure to sign up for class ahead of time!

STRENGTH & CARDIO: This intermediate to advance class is 60 minutes of cardio kickboxing, free weights bands, balls and body weight & Lots of fun!

CARDIO SCULPT: This class will be a mix of strength & cardio exercises. The cardio will be primarily Zumba! Exercises can be modified for all ability levels!