



**GROUP FITNESS SCHEDULE: ANDERSON CAMPUS**

**MAY 2024**



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

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

**[go.activecalendar.com/slunh/site/getfit](http://go.activecalendar.com/slunh/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!