


MAY 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
HOURS OF OPERATION MONDAY-THURSDAY: 5:00AM - 10:00PM FRIDAY: 5:00AM - 8:00PM SATURDAY: 7:00AM - 4:00PM SUNDAY: 9:00AM - 4:00PM		1		2		3		4		5	
		5:40am Group Cycling		6:00am MetCon*		9:00am MetCon*		5:30pm Group Cycling		8:00am Group Cycling	
		6		7		8		9		10	
		5:15am Group Cycling		6:00am MetCon*		5:40am Group Cycling		6:00am MetCon*		8:00am Group Cycling	
		5:30pm Zumba Toning®		4:30pm Group Cycling 5:30pm Yoga Sculpt		9:00am Forever Young 6:00pm Circuit Challenge		9:00am MetCon* 5:30pm Group Cycling			
		13		14		15		16		17	
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		20		21		22		23		24	
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		27		28		29		30		31	
 FITNESS CENTER OPEN 7:00AM - 1:00PM No Classes!		6:00am MetCon*		5:40am Group Cycling		6:00am MetCon*		9:00am MetCon*			
		4:30pm Group Cycling 5:30pm Yoga Sculpt		9:00am Forever Young 6:00pm Circuit Challenge		5:30pm Group Cycling					

*MetCon Classes are included in Elite/Sports Performance Memberships only.

9:00am **NO Forever Young Today**

GROUP FITNESS CLASS DESCRIPTIONS: ANDERSON CAMPUS

go.activecalendar.com/sluhn/site/getfit

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.

FOREVER YOUNG: This class is a light, low-impact aerobic workout designed for active adults. It will involve a variety of different activities in a fun environment. The class is intended to improve endurance, balance, flexibility and coordination. Suitable for all fitness levels.

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 Elite/Sports Performance Memberships only. Please see staff if you’re interested in upgrading your membership!**

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.

YOGA SCULPT: Condition your body, build lean mass and improve bone density as you move through an innovative sequence blending core training, yoga, pilates, isometrics and resistance work. This class incorporates free weights (optional) and offers levels for both seasoned practioners and newcomers.