




GROUP FITNESS SCHEDULE: ANDERSON CAMPUS

October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF OPERATION MONDAY-FRIDAY: 5:00AM - 8:00PM SATURDAY: 7:00AM - 1:00PM SUNDAY: 9:00AM - 1:00PM		28 6:00am MetCon 12:00pm Chair Yoga 5:00pm Neuro Boxing	29 5:30am Group Cycle	30 6:00am MetCon 10:00am Neuro Boxing 1:00pm Sit & Stand Yoga Flow	1	2
3	4 5:15pm Group Cycle	5 6:00am MetCon 12:00pm Chair Yoga 5:00pm Neuro Boxing	6 5:30am Group Cycle	7 6:00am MetCon 10:00am Neuro Boxing 1:00pm Sit & Stand Yoga Flow	8	9
10	11 5:15pm Group Cycle	12 6:00am MetCon 12:00pm Chair Yoga 5:00pm Neuro Boxing	13 5:30am Group Cycle	14 6:00am MetCon 10:00am Neuro Boxing 1:00pm Sit & Stand Yoga Flow	15	16
17	18 5:15pm Group Cycle	19 6:00am MetCon 12:00pm Chair Yoga 5:00pm Neuro Boxing	20 5:30am Group Cycle	21 6:00am MetCon 10:00am Neuro Boxing 1:00pm Sit & Stand Yoga Flow	22	23
24  31	25 5:15pm Group Cycle	26 6:00am MetCon 12:00pm Chair Yoga 5:00pm Neuro Boxing	27 5:30am Group Cycle	28 6:00am MetCon 10:00am Neuro Boxing 1:00pm Sit & Stand Yoga Flow	29	30

GROUP FITNESS CLASS DESCRIPTIONS: ANDERSON CAMPUS

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Sit & Stand Yoga Flow: Take some time to relax and stretch with a sitting and standing yoga flow that will help improve balance and flexibility! Suitable for all fitness levels!

CHAIR YOGA CLASS: A unique and joyful experience especially designed for the young at heart who love Yoga but may have physical limitations. This one hour class will include seated as well as standing postures that will stretch and strengthen muscles, lubricate joints, increase lung capacity, and quiet and relax thoughts.

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!

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.

NERO 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!