



**GROUP FITNESS SCHEDULE: ANDERSON CAMPUS**

**APRIL 2025**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 6:00am MetCon 4:00pm Yoga 5:00pm Neuro Boxing	2 11:00am Gentle Flow Yoga 12:00pm Strength & Cardio 1:30pm Yoga 5:45pm Resident Yoga 7:00pm Oncology Yoga	3 6:00am MetCon 10:00am Neuro Boxing	4 12 PM Strength & Cardio	5
6 9:30am Yoga	7 12:00pm Strength & Cardio 4:45pm Group Cycle 6:00pm Pilates Fusion	8 6:00am MetCon 12:00pm Strength & Cardio 4:00pm Yoga 5:00pm Neuro Boxing	9 11:00am Gentle Flow Yoga 12:00pm Strength & Cardio 1:30pm Yoga 7:00pm Oncology Yoga	10 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	11 12 PM Strength & Cardio	12
13 9:30am Yoga	14 10:00am gentle flow yoga 11:00am chair yoga 12:00pm Strength & Cardio 4:45pm Group Cycle 6:00pm Pilates Fusion	15 6:00am MetCon 12:00pm Strength & Cardio 4:00pm Yoga 5:00pm Neuro Boxing	16 11:00am Gentle Flow Yoga 12:00pm Strength & Cardio 1:30pm Yoga 5:45pm Resident Yoga 7:00pm Oncology Yoga	17 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	18 12 PM Strength & Cardio	19
20  HOOURS 9AM-1PM 9:30am Yoga	21 10:00am gentle flow yoga 11:00am chair yoga 12:00pm Strength & Cardio 4:45pm Group Cycle 6:00pm Pilates Fusion	22 6:00am MetCon 12:00pm Strength & Cardio 4:00pm Yoga 5:00pm Neuro Boxing	23 11:00am Gentle Flow Yoga 12:00pm Strength & Cardio 1:30pm Yoga 7:00pm Oncology Yoga	24 6:00am MetCon 10:00am Neuro Boxing 5:00pm Pilates Fusion	25 12 PM Strength & Cardio	26
27 9:30am Yoga	28 10:00am gentle flow yoga 11:00am chair yoga 12:00pm Strength & Cardio 4:45pm Group Cycle 6:00pm Pilates Fusion	29 6:00am MetCon 12:00pm Strength & Cardio 4:00pm Yoga 5:00pm Neuro Boxing	30 11:00am Gentle Flow Yoga 12:00pm Strength & Cardio 1:30pm Yoga 7:00pm Oncology Yoga	1	<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>	

## **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 a 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 & your legs moving!

**PILATES FUSION:** This low impact class is a fusion of pilates, barre and resistance training. It focus on core, flute 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.

**NEUROBOXING:** A fitness program centered around strength & balance utilizing boxing techniques for individuals of any skill level. The class is friendly toward parkinson's, MS, or any other neurological problems, and anyone who wishes to improve balance. \*this class does require prior testing before joining

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

**YOGA:** This class emphasizes the harmonious balance between mind & body. Various poses will be utilized to improve postural alignment, body strength, and flexibility. All fitness level are welcome. Modifications can be given as needed.

**GENTLE FLOW YOGA:** is a slow & fluid yoga with a variety of sequences of yoga poses. All levels are Welcome! Modifications can be given as needed.

**CHAIR YOGA:** is a modified yoga that will help you work on flexibility, strength & even balance. All levels are welcome!