



GROUP FITNESS SCHEDULE: ANDERSON CAMPUS

APRIL 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am Dance Fitness 11am Gentle flow Yoga 12:00pm Strength & Cardio 3:00pm Oncology yoga 4:30pm Fitness Bootcamp	2 6:00am MetCon 10:00am Neuro Boxing 5:30pm Bone Boost	3 12 PM Strength & Cardio 5:00pm Dance Fitness	4 9:30am morning mix
5 Happy Easter HOURS 9AM-1PM	6 10am: chair yoga 11am gentle flow yoga 12:00pm Strength & Cardio 1:15pm Dance Fitness 4:45pm Group Cycle 6:00pm Pilates Fusion	7 6:00am MetCon 4:00pm Dance Fitness 5:00pm Neuro Boxing 6:00pm Bone Boost	8 12:00pm Strength & Cardio 3:00pm Oncology yoga 4:30pm Fitness Bootcamp	9 6:00am MetCon 10:00am Neuro Boxing 5:30pm Bone Boost	10 12PM Strength & Cardio 2-4pm room reserved	11 9:30am morning mix
12 9:30am Yoga 11:30am strength,cardio & core	13 10am: chair yoga 11am gentle flow yoga 12:00pm Strength & Cardio 1:15pm Dance Fitness 4:45pm Group Cycle 6:00pm Pilates Fusion	14 6:00am MetCon 4:00pm Dance Fitness 5:00pm Neuro Boxing 6:00pm Bone Boost	15 10am Dance Fitness 11am Gentle flow Yoga 12:00pm Strength & Cardio 3:00pm Oncology yoga 4:30pm Fitness Bootcamp	16 6:00am MetCon 10:00am Neuro Boxing 5:30pm Bone Boost	17 12 PM Strength & Cardio	18 9:30am morning mix
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26 9:30am Yoga 11:30am strength,cardio & core	27 10am: chair yoga 11am gentle flow yoga 12:00pm Strength & Cardio 1:15pm Dance Fitness 4:45pm Group Cycle 6:00pm Pilates Fusion	28 6:00am MetCon 4:00pm Dance Fitness 5:00pm Neuro Boxing 6:00pm Bone Boost	29 10am Dance Fitness 11am Gentle flow Yoga 12:00pm Strength & Cardio 3:00pm Oncology yoga 4:30pm Fitness Bootcamp	30 6:00am MetCon 5:30pm Bone Boost	1	2

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.

MORNING MIX: Your morning class to cover it all from strength & cardio to core, with good music to keep it fun. A changing mix of equipment and exercise style including pound fitness. Appropriate for all levels!

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, 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!

BONE BOOST BOOTCAMP: A muscle-building, bone-boosting, power hour strength training!

FITNESS BOOTCAMP: A Fun intermediate class covering all the basis of fitness from strength & cardio to core & balance, etc.. All working towards leveling up your fitness!

DANCE FITNESS: Is a moderate intensity class that includes dance step patterns that help to improve cardiovascular health & endurance all while having fun to upbeat music!