# 2018 Group Fitness Schedule

Classes are FREE during the summer, so come join the fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6:00am-7:00am</td>
<td></td>
<td></td>
<td><strong>Pedal &amp; Pump</strong></td>
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<td>7:00am-7:45am</td>
<td><strong>Zumba</strong></td>
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<td>11:30am-12:20pm</td>
<td><strong>Zumba</strong></td>
<td><strong>Barre</strong></td>
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<td>12:30pm-1:30pm</td>
<td><strong>Yoga (all levels)</strong></td>
<td><strong>Yoga (all levels)</strong></td>
<td><strong>Pedal &amp; Pump</strong></td>
<td><strong>Beginner Yoga</strong></td>
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<tr>
<td>4:30pm-5:20pm</td>
<td><strong>Owl Sculpt</strong></td>
<td><strong>Yoga (all levels)</strong></td>
<td><strong>Yoga (all levels)</strong></td>
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<tr>
<td>5:30pm-6:30pm</td>
<td><strong>Strength &amp; Stamina</strong></td>
<td><strong>Cycling</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Cardio Kickboxing</strong></td>
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**Class Key:** CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK OUR WEBSITE FOR THE MOST UPDATED SCHEDULE.

Contact the Employee Fitness Center (EFC)

efc@kennesaw.edu • 470) 578-6770 • employeewellness.kennesaw.edu
**CARDIO & STRENGTH**

**Cardio Kickboxing:** Get a kick out of fitness! Aerobic exercise with boxing & traditional martial arts patterns provides constant low-centered movements to strengthen your muscles & give your heart a workout!

**Owl Sculpt:** A challenging and dynamic whole body muscle conditioning class using dumbbells, bands, tubes, exercise balls, body bars & body weight as resistance tools. Exercises are modified to accommodate all fitness levels.

**Strength & Stamina:** This interval-based class combines full-body strength training with a variety of equipment and elements of cardio designed to help strengthen your body head to toe and improve your muscular stamina.

**Stretch & Strength:** Full body strengthening followed by a series of stretches to help your flexibility, range of motion, balance and posture.

**DANCE**

**ZUMBA®:** A fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class builds cardiovascular health, coordination and balance by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

**CYCLING**

**Pedal & Pump:** Start with free weight and body weight strengthening moves for 30 minutes and finish with 30 minutes of spinning. Two workouts in one to save time and get results faster. Come join the fun!

**Cycling:** Uniquely tailored to suit a wide range of abilities & fitness goals, cycle offers participants an energizing, low-impact yet high intensity workout with no complicated moves to learn.

**MIND & BODY**

**Barre:** This barre class is designed to trim, tighten and tone your entire body by using small, controlled movements, isometric holds and high repetitions. Barre helps you develop full body strength, improve your posture and balance by fusing Ballet, Yoga, Pilates and functional strength training in one class. Participants will utilize light weights, barre, mini bands Pilates ring & ball.

**Beginner Yoga:** Each beginner yoga session consists of a balanced program of postures so that the entire body is exercised, the mind is relaxed, and the spirit refreshed. The class ends with brief relaxation-inducing breathing exercises and meditation. All levels welcome but contoured to fit the beginner.

**All Levels Yoga:** Each class is aimed towards a moderately vigorous level with modifications given as needed. Instruction provided in breathing technique, warm-up & posture flow. All levels are welcome if they are comfortable moving at a faster pace with less instruction than beginner poses.