# 2018 Fall Group Fitness Schedule

**Effective September 4th, 2018**

<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>6:00 - 6:30 am</td>
<td>Circuit Staff</td>
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<td>Circuit Staff</td>
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<tr>
<td>11:30 am - 12:20 pm</td>
<td>Yoga (all levels) Deborah</td>
<td></td>
<td></td>
<td>Zumba Amia</td>
<td>Barre Amia</td>
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<tr>
<td>12:30 - 1:30 pm</td>
<td>Stretch &amp; Strength Magda</td>
<td>Pump 'n Go 45 Staff</td>
<td>Yoga (all levels) Deborah</td>
<td>Pedal &amp; Pump Magda</td>
<td>Yoga Melanie</td>
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<tr>
<td>4:30 - 5:20 pm</td>
<td>Owl Sculpt Karen</td>
<td>Barre Amia</td>
<td>Pedal &amp; Pump Magda</td>
<td>Yoga (all levels) Deborah</td>
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<tr>
<td>5:30 - 6:30 pm</td>
<td>Strength &amp; Stamina Jennie</td>
<td>Cycling Jennie</td>
<td>Zumba Cindy</td>
<td>Cardio Kickboxing Karen</td>
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KSU Employee Fitness Center: efc@kennesaw.edu  Phone: (470) 578-6770  Visit our website: employeewellness.kennesaw.edu/

*THE GROUP FITNESS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME WITHOUT NOTICE. PLEASE CHECK OUR WEBSITE FOR THE MOST UPDATED SCHEDULE*

Class Key: CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY
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!

Circuit: This 30 minute express circuit training class is a total body, heart pumping, aerobic & strength conditioning workout lead by our Student Fitness Assistant. This class uses body weight training, step, weights, and apparatus of the instructor’s choice.

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.

Pump'n Go 45: You want it all? Pump’n Go brings weight training and cardio together. You will be able to condition your entire body using resistance bands, hand weights and your body weight. The class is 45 minutes long and is for everyone!

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 30 minutes of spinning followed by free weight and body weight strengthening moves for a strong finish. 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 & functional strength training in one class. Participants may utilize light weights, barre, mini bands Pilates ring & ball. We encourage you to bring grip socks or ballet flats.

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.