# 2018 Group Fitness Schedule

*Effective February 20th, 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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<tr>
<td>6:00 - 7:00 am</td>
<td><strong>Stretch &amp; Strength</strong>&lt;br&gt;Magda</td>
<td><strong>Stretch &amp; Strength</strong>&lt;br&gt;Magda</td>
<td><strong>Beginner Yoga</strong>&lt;br&gt;6:30-7:30 am&lt;br&gt;Melanie</td>
<td>Boot Camp&lt;br&gt;Dessi</td>
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<td>12:30-1:30 pm</td>
<td><strong>Yoga (all levels)</strong>&lt;br&gt;Deborah</td>
<td><strong>Yoga (all levels)</strong>&lt;br&gt;Deborah</td>
<td><strong>Stretch &amp; Strength</strong>&lt;br&gt;Magda</td>
<td><strong>Beginner Yoga</strong>&lt;br&gt;Magda</td>
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<td>4:30-5:30 pm</td>
<td><strong>Owl Sculpt</strong>&lt;br&gt;Karen</td>
<td><strong>Yoga (all levels)</strong>&lt;br&gt;Deborah</td>
<td><strong>Yoga (all levels)</strong>&lt;br&gt;Deborah</td>
<td><strong>50/50 Strength &amp; Cycle</strong>&lt;br&gt;Magda</td>
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<td>5:40-6:40 pm</td>
<td><strong>Strength &amp; Stamina</strong>&lt;br&gt;Jennie</td>
<td><strong>Cycling</strong>&lt;br&gt;Jennie</td>
<td><strong>Step &amp; Sculpt</strong>&lt;br&gt;Karen</td>
<td><strong>Cardio Kickboxing</strong>&lt;br&gt;Karen</td>
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KSU Employee Fitness Center: [efc@kennesaw.edu](mailto:efc@kennesaw.edu)  Phone: (470) 578-6770<br>Visit our website: [employeewellness.kennesaw.edu](http://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*
CARDIO & STRENGTH

Boot Camp: This class is designed to challenge you using medicine balls, resistance bands, dumbbells, your own body weight & more! You will develop a strong core, toned muscles & a lean frame!

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!

Bosu Strength: Improve your mobility, muscular endurance, joint stability, core strength and stability. This class will help you develop a greater awareness of your body position and alignment while working on it, providing consistent tactile feedback to stay on the BOSU.

H.I.I.T.: This high intensity interval training class is a total body, heart pumping, aerobic & strength conditioning workout taught by our Student Fitness Assistant Dennis. This interval-based class combines full-body strength training with high intensity cardio bursts designed to strengthen your body & improve your endurance. Modifications for all fitness levels are provided.

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 will be modified to accommodate all fitness levels.

Step & Sculpt: Designed to work the entire body (including your heart!) this choreographed class will offer a fun and fast-paced workout!

Strength & Stamina: With elements of cardio, this is a strength & stamina building class that challenges your muscular endurance and transforms your body from head to toe.

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

CYCLING

50/50 Strength & Cycle: 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, spin offers participants an energizing, low-impact yet high intensity workout with no complicated moves to learn. The music begs your legs to pedal!

MIND & BODY

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. In this class, we will get familiar with a warm up and standing postures followed by seated postures. The class ends with brief relaxation-inducing breathing exercises and meditation. Please bring a blanket to class to get really comfortable. All levels welcome but contoured to fit the beginner.

Intermediate+ Yoga: This Vinyasa led yoga class is aimed towards a moderately vigorous level with modifications given as needed. Instruction is given 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.