




# Employee Fitness Center

## 2017 Group Fitness Schedule

Effective June 12<sup>th</sup>

|   | Monday  | Tuesday                                | Wednesday                              | Thursday                               | Friday  |
|---|---|--|--|--|---|
| 6:00-7:00am   |   | <i>Stretch &amp; Strength</i><br>Magda | MIIT<br>Magda                          | Cycling & Core<br>Magda                | Boot Camp<br>Magda  |
| 12:40-1:30pm  | Core Fusion<br>Susan  | Cycling<br>12:30-1:15 pm<br>Magda      | Yogalates<br>Susan                     | <i>Stretch &amp; Strength</i><br>Magda | Beginner Yoga<br>12:30-1:30 pm<br>Melanie   |
|  |  |  |  | Core Circuit<br>3:30-4:15 pm<br>Dessi  | H.I.I.T.<br>4:00-4:45 pm<br>Dennis  |
| 4:30-5:30pm   | Owl Sculpt<br>Karen   | Beginner Yoga<br>Susan                 | <i>Stretch &amp; Strength</i><br>Magda | Intermediate Yoga<br>Melanie           | 50/50 Strength &<br>Cycle<br>Magda  |
| 5:40-6:40pm   | Strength &<br>Stamina<br>Jennie   | Cycling<br>Jennie                      | Step & Sculpt<br>Karen                 | Cardio Kickboxing<br>Karen             |  |

KSU Employee Fitness Center: [efc@kennesaw.edu](mailto:efc@kennesaw.edu) Phone: (470) 578-6770  
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!

**Core Circuit:** A circuit class that moves beyond traditional sit-ups to include stabilization training and focus, incorporating exercises that involve the back, shoulder girdle and hip girdle muscles. In addition to mat Pilates-based exercises, it will feature back extension, upright sitting and standing exercises as well as the Bosu Balance Trainer.

**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.

**Moderate Intensity Interval Training (MIIT):** A lower to moderate intensity class that focuses on functional movements, core strength, balance and agility by using body weight, lighter dumbbells, mat exercises & more!

**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!

## DANCE

**Dance Mix 45 & 60:** Develop better coordination, rhythm, flexibility and most importantly, self-expression! This is a really fun and energetic class that is designed to keep you moving and laughing. It includes some of the latest club music, Hip-Hop beats and an all new Jive Swing feel.

## 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.

**Core Fusion & Yogalates:** The focus of these classes is to develop strength through the core, back, & hips. The concentration is not only on strength but on flexibility & coordination as well.

**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.