



July 2024 Well-Being Events



Date:	Time:	Event Name:
Monday, July 1, 2024	11:30 am-12:15 pm	Yoga (All Levels) (Virtual/In-Person)
	5:30 pm-6:15 pm	Strength & Stamina
Tuesday, July 2, 2024	12:15 pm—12:45 pm	Intermediate Lunch Time Yoga (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, July 3, 2024	12:15 pm—1:00 pm	Lunch Time Yoga (In-Person)
Thursday, July 4, 2024	EFC CLOSED	INDEPENDENCE DAY
Friday, July 5, 2024	11:30 am-12:15 pm	Chair Yoga (Virtual)
Tuesday, July 9, 2024	12:15 pm—12:45 pm	Intermediate Lunch Time Yoga (In-Person)
	4:00 pm—4:45 pm	Cycling (In-Person)
Wednesday, July 10, 2024	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, July 11, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
Friday, July 12, 2024	11:30 am-12:15 pm	Chair Yoga (Virtual)
	12:15 pm—12:45 pm	Intermediate Lunch Time Yoga (In-Person)
Monday, July 15, 2024	11:30 am-12:15 pm	Yoga (All Levels) (Virtual/In-Person)
	5:30 pm-6:15 pm	Strength & Stamina
Tuesday, July 16, 2024	12:15 pm—12:45 pm	Intermediate Lunch Time Yoga (In-Person)
	4:00 pm—4:45 pm	Cycling (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, July 17, 2024	12:15 pm—1:00 pm	Lunch Time Yoga (In-Person)
	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, July 18, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:15 PM	Cardio Kickboxing (In-Person)
Friday, July 19, 2024	11:30 am-12:15 pm	Chair Yoga (Virtual)
Monday, July 22, 2024	11:30 am-12:15 pm	Yoga (All Levels) (Virtual/In-Person)
	5:30 pm-6:15 pm	Strength & Stamina
Tuesday, July 23, 2024	12:15 pm—12:45 pm	Intermediate Lunch Time Yoga (In-Person)
	4:00 pm—4:45 pm	Cycling (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, July 24, 2024	12:15 pm—1:00 pm	Lunch Time Yoga (In-Person)
	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, July 25, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:15 PM	Cardio Kickboxing (In-Person)
Friday, July 26, 2024	11:30 am-12:15 pm	Chair Yoga (Virtual)
Monday, July 29, 2024	11:30 am-12:15 pm	Yoga (All Levels) (Virtual/In-Person)
	5:30 pm-6:15 pm	Strength & Stamina
Tuesday, July 30, 2024	4:00 pm—4:45 pm	Cycling (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, July 31, 2024	12:15 pm—1:00 pm	Lunch Time Yoga (In-Person)

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Event Descriptions:

Yoga (all levels):

Join us for simple flowing sequences to warm up the body, where postures are taught in a safe and supportive manner, incorporating the basic principles of alignment and breathing. Through the practice of yoga, flexibility, strength, balance and focus are developed. From this body and mental awareness, a healthy new lifestyle can be achieved. Each class will include a period of relaxation. No experience or flexibility required.

Strength and Stamina:

No equipment? No problem. This total body strength circuit includes a variety of classic bodyweight exercises to work your body from head to toes. Did we mention balance and core work is included? All fitness levels welcome with options to progress. Work up a sweat with us when you perform these strength bodyweight moves in a circuit.

Boot Camp:

Boot Camp is a total body, heart pumping, aerobic & strength conditioning workout. This class integrates a dynamic warm-up, full-body movements, and high intensity interval training in order to achieve a physiological effect called excess post-exercise oxygen consumption (EPOC). EPOC has been shown to burn calories long after workout is complete (up to 48 hours).

Zumba:

Build cardiovascular health, coordination, and balance by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.

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!

Seated Office Stretch Break:

Are you a daily desk dweller? Do you spend long periods of time sitting at your desk or on the computer? Remaining in the same position for hours a day not only creates muscle tension but can also contribute to long-term health issues. When you incorporate stretching into your workday, you can greatly reduce the risk of soft tissue injuries and joint pain. Stretching will also help to reduce overall muscle fatigue and help to realign your posture.

Chair Yoga: This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. This class helps increase flexibility, lung capacity, circulation, and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

Cycling:

Cycling combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout

Thank you for joining us for our virtual events! Please be sure to review and acknowledge this [waiver](#) if this is your first time joining us. Most of the events are recorded and can be accessed by clicking on the attendee link after the event.

Email efc@kennesaw.edu with any questions.

