

SUMMER

MAY 15 - JUNE 11

2017

- MIND & BODY
- STRENGTH & CONDITIONING
- CARDIO
- SPECIALTY

KENNESAW

| MON | TUES | WED | THURS |
|---|--|---|--|
| Tabata Power 11:00 am 50 min Catie FTZ-S | Cycling 6:30 am 50 min Gabby S1 | Tabata Power 11:00 am 50 min Catie FTZ-S | Cycling 6:30 am 50 min Gabby S1 |
| Aqua Zumba 4:00 pm 50 min Len SRAC-P | Interval Blast 8:00 am 50 min Dusty Z4 | TRX Shred 4:00 pm 50 min Catie FTZ-T | Interval Blast 8:00 am 50 min Dusty Z4 |
| TRX Shred 4:00 pm 50 min Catie FTZ-T | Yoga 10:00 am 50 min Casey S2-3 | Bootcamp 5:00 pm 50 min Meredith S2-3 | Yoga 10:00 am 50 min Casey S2-3 |
| Bootcamp 5:00 pm 50 min Meredith S2-3 | Cycling Xpress 12:30 pm 30 min Gabby S1 | Aqua Zumba 7:00 pm 50 min Sean SRAC-P | Cycling Xpress 12:30 pm 30 min Gabby S1 |
| Yin Yang Yoga 6:00 pm 50 min Asaada S2-3 | Tabata 4:00 pm 30 min Meredith FTZ-S | | Tabata 4:00 pm 30 min Meredith FTZ-S |
| Zumba 7:00 pm 50 min Sean S2-3 | Power Yoga 5:00 pm 50 min Asaada S2-3 | | Power Yoga 5:00 pm 50 min Asaada S2-3 |
| | Yin Yoga 6:00 pm 50 min Asaada S2-3 | | Yin Yoga 6:00 pm 50 min Asaada S2-3 |
| | Zumba Toning 7:00 pm 50 min Len S2-3 | | Zumba 7:00 pm 50 min Sean S2-3 |

PLEASE NOTE:
Instructors are subject to change without notice. Follow us at facebook.com/KSUSportsRec for the latest on cancellations and changes.

MARIETTA

| MON | TUES | WED | THURS |
|--|--|--|---|
| Yoga 9:00 am 50 min Casey MGX | Tabata Power 9:00 am 50 min Catie MGX | Yoga 9:00 am 50 min Casey MGX | Tabata Power 9:00 am 50 min Meredith MGX |
| Meditation Yoga 10:00 am 50 min Casey MGX | Bootcamp 10:00 am 50 min Catie MGX | Zumba 4:00 pm 50 min Len MGX | Bootcamp 10:00 am 50 min Meredith MGX |
| | Aqua Zumba 7:00 pm 50 min Sean MP | | Aqua Zumba 7:00 pm 50 min Len MP |

LOCATIONS
S1 : Studio 1
S2-3 : Studios 2 & 3
FTZ-S : FTZ; Synergy
FTZ-T : FTZ; TRX Rack
Z4 : Zone 4
MGX : Marietta GX Studios
SRAC-P : SRAC Pool
MP: Marietta Pool

These classes are included in your student fees. No additional charge.