

FALL

AUG 14 - OCT 8

2017

GROUP EXERCISE PART 1

- MIND & BODY
- STRENGTH & CONDITIONING
- CARDIO
- FUNCTIONAL

KENNESAW

MON	TUES	WED	THURS	SAT	SUN
Sunrise Yoga 6:15 am 60 min Gabby AR-3	Cycling 6:15 am 50 min Gabby S1	TRX Shred 6:30 am 45 min Catie FTZ	Cycling 6:15 am 50 min Gabby S1	Bootcamp 11:00 am 50 min Tanner/Kevin S2-3	Strong by Zumba 7:00 pm 50 min Len S2-3
TRX Shred 6:30 am 45 min Catie FTZ	Interval Blast 8:00 am 50 min Kevin FTZ	Bootcamp 8:00 am 50 min Catie S2-3	Interval Blast 8:00 am 50 min Kevin FTZ	Yoga 12:00 pm 60 min Casey/Rachel AR-3	Pilates 8:00 pm 50 min Alison AR-3
HIIT IT 12:30 pm 30 min Tanner S2-3	Yoga 11:00 am 60 min Alison AR-3	HIIT IT 12:30 pm 30 min Tanner S2-3	Pilates 11:00 am 50 min Alison S2-3	Zumba 1:00 pm 50 min Casey/Len S2-3	
Interval Blast 4:00 pm 50 min Kevin FTZ	CoreSpin 4:00 pm 50 min Rachel S1 & S2-3	Interval Blast 4:00 pm 50 min Kevin FTZ	CoreSpin 4:00 pm 50 min Rachel S1 & S2-3		
Gutts & Butts 5:30 pm 50 min Meredith S2-3	Aqua Zumba 6:00 pm 50 min Sean SRAC-P	Gutts & Butts 5:30 pm 50 min Meredith S2-3	Aqua Zumba 6:00 pm 50 min Sean SRAC-P		
Zumba Toning 6:30 pm 50 min Len S2-3	Yoga 6:00 pm 60 min Alison AR-3	Zumba Toning 6:30 pm 50 min Len S2-3	Yoga 6:00 pm 60 min Alison AR-3		
Strong by Zumba 8:00 pm 50 min Len S2-3	Zumba 9:00 pm 50 min Sean S2-3	Strong by Zumba 8:00 pm 50 min Len S2-3	Zumba 9:00 pm 50 min Sean S2-3		
Pilates 9:00 pm 50 min Alison S2-3		Pilates 9:00 pm 50 min Alison S2-3			

These classes are included in your student fees. No additional charge. All classes and/or instructors are subject to cancellation or change due to environmental conditions, low participation, maintenance, renovation, facility cleaning, and/or special events.

For a list of OwlFit Special Events and Services, please visit our website at sportsrec.kennesaw.edu/owlfit

MARIETTA

MON	TUES	WED	THURS
Beginner's Strength 9:00 am 50 min Catie GX	Tabata Power 9:00 am 50 min Dusty GX	Yoga 9:00 am 60 min Gabby GX	Yoga 5:00 pm 60 min Casey GX
Tabata Power 10:00 am 50 min Catie GX	Yoga 5:00 pm 60 min Casey GX	CoreSpin 12:30 pm 50 min Rachel GX	Step Fusion 6:00 pm 50 min Casey GX
Yoga 12:30 pm 60 min Rachel GX	Gutts & Butts 6:00 pm 50 min Casey GX	Zumba 6:00 pm 50 min Casey GX	
Zumba 6:00 pm 50 min Sean GX		Yoga 7:00 pm 60 min Casey GX	

LOCATIONS

- S1 : Studio 1
- S2-3 : Studios 2 & 3
- AR-3 : Activity Room 3
- FTZ : Functional Training Zone
- MGX : Marietta GX Studios
- SRAC-P : SRAC Pool
- MP : Marietta Pool