

OWL FIT

GROUP EXERCISE

SPECIAL EDITION SCHEDULE - MARIETTA CAMPUS

FEBRUARY 12 - MARCH 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Yoga 5:30 PM 60 min Jack MGX	Yoga 4:00 PM 60 min Jack MGX	Cycling* 5:30 PM 50 min Blake MGX	DanceFit 5:30 PM 60 min Kyriea MGX
Body Sculpt 7:00 PM 50 min Dianna MGX	DanceFit 5:30 PM 60 min Kyriea MGX	Yoga 7:00 PM 60 min Amanda MGX	Cycling* 7:00 PM 50 min Blake MGX
Yoga 8:00 PM 60 min Amanda MGX			Yoga 8:00 PM 60 min Amanda MGX

IMPORTANT DATES

March 1st: Glow in the Dark Cycling

March 5th: Group Exercise Schedule Part 2 Starts

March 31st-April 8th: Modified Group Exercise Schedule
Spring Break

April 17th: Zumba Dance Party

April 30th: Last day of Spring Group Exercise Classes

May 14th: Summer Group Exercise Classes Begin

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

MGX: Recreation and Wellness Center Group Exercise Studio (Marietta Campus)

■ CARDIO

■ MIND & BODY

■ STRENGTH & CONDITIONING

Class Descriptions:

YOGA: utilizing various poses, postures, and breathing techniques to build a strong foundation of flexibility, strength, and stamina, while reducing stress, enhancing awareness, and practicing personal growth.

BODY SCULPT: sculpting your body with a full-body workout to reach your goals, this challenging but fun workout is for all fitness levels.

DANCE FIT: dancing to the hottest music in a high-energy, cardio dance party. The easy to follow choreography puts the emphasis on having fun while leaving you with a sweat.

CYCLING*: increasing cardiovascular endurance by pedaling in and out of the bike saddle and enduring a variety of sprints, hills and intervals by adding resistance to the bike - for all fitness levels

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.

*arrive 15 minutes early for a 1-on-1 bike fitting with the instructor.
Please bring a water bottle and towel to this class!

SPORTSREC.KENNESAW.EDU
#OWLSINMOTION #KSUSPORTSREC

