## Group Exercise
### Special Edition Schedule - Marietta Campus

**FEBRUARY 12 - MARCH 4**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga 5:30 PM</td>
<td>60 min</td>
<td>Jack</td>
<td>MGX</td>
</tr>
<tr>
<td>Body Sculpt 7:00 PM</td>
<td>50 min</td>
<td>Dianna</td>
<td>MGX</td>
</tr>
<tr>
<td>Yoga 8:00 PM</td>
<td>60 min</td>
<td>Amanda</td>
<td>MGX</td>
</tr>
</tbody>
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**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

### 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.

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!

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Sports and Recreation

OwlFit