**Locations:**
- **S1:** Studio 1
- **S2-3:** Studios 2&3
- **AR-3:** Activity Room 3
- **FTZ:** Functional Training Zone
- **SRAC:** Student Recreation and Activities Center (Kennesaw Campus)

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### January 8 - March 4

**MONDAY**
- **TRX Strong**
  - 6:30 AM | 45 min
  - Julie | FTZ
- **Cycle Express**
  - 12:30 PM | 25 min
  - Catie | S1
- **Body Sculpt**
  - 4:00 PM | 50 min
  - Catie | S1
- **Zumba**
  - 9:00 PM | 50 min
  - Sean | S2-3

**TUESDAY**
- **Cycling**
  - 6:15 AM | 50 min
  - Dani | S1
- **Strong by Zumba**
  - 7:00 AM | 60 min
  - Len | S2-3
- **Yoga**
  - 11:00 AM | 60 min
  - Rachel | AR-3
- **Tabata Power**
  - 12:30 PM | 40 min
  - Kevin | FTZ
- **TRX Shred**
  - 4:00 PM | 50 min
  - Catie | FTZ
- **Strong by Zumba**
  - 8:30 PM | 60 min
  - Len | S2-3

**WEDNESDAY**
- **Yoga**
  - 6:15 AM | 60 min
  - Gabby | AR-3
- **TRX Strong**
  - 6:30 AM | 45 min
  - Julie | FTZ
- **Bootcamp**
  - 11:00 AM | 50 min
  - Gabby | S2-3
- **Cycle Express**
  - 12:30 PM | 25 min
  - Dani | S1
- **Body Sculpt**
  - 4:00 PM | 50 min
  - Catie | S2-3
- **Zumba**
  - 9:00 PM | 50 min
  - Cortney | AR-3

**THURSDAY**
- **Strong by Zumba**
  - 7:00 AM | 60 min
  - Len | S2-3
- **Yoga**
  - 11:00 AM | 60 min
  - Rachel | AR-3
- **HIIT IT**
  - 12:30 PM | 40 min
  - Kevin | S2-3
- **Beginner’s Strength**
  - 6:30 PM | 50 min
  - Julie | S2-3
- **Cycling**
  - 7:30 PM | 50 min
  - Dani | S1
- **Zumba**
  - 8:30 PM | 50 min
  - Len | S2-3

**FRIDAY**
- **CoreSpin**
  - 10:00 AM | 50 min
  - Rachel | S1 & S2-3
- **Yoga**
  - 11:00 AM | 60 min
  - Cortney | AR-3

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**Important Dates**

- **January 8th:** Group Exercise Schedule Part 1 Starts
- **January 15th:** No Classes
  - Facility Closed in observance of MLK Holiday
- **February 1st:** Creed Week: New Year’s Yoga
- **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,
  - Strong by Zumba Cancelled
- **April 30th:** Last day of Spring Group Exercise Classes
- **May 14th:** Summer Group Exercise Classes Begin

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.

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**Color Codes:**
- **MIND & BODY**
- **STRENGTH & CONDITIONING**
- **CARDIO**
- **FUNCTIONAL**