### JANUARY 8 - MARCH 4

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX Strong 6:30 AM</td>
<td>45 min</td>
<td>Julie</td>
<td>FTZ</td>
<td>Cycling 6:15 AM</td>
</tr>
<tr>
<td>Bootcamp 11:00 AM</td>
<td>50 min</td>
<td>Julie</td>
<td>S2-3</td>
<td>Strong by Zumba 7:00 AM</td>
</tr>
<tr>
<td>Cycle Express 12:30 PM</td>
<td>25 min</td>
<td>Catie</td>
<td>S1</td>
<td>Tabata Power 12:30 PM</td>
</tr>
<tr>
<td>Body Sculpt 4:00 PM</td>
<td>50 min</td>
<td>Catie</td>
<td>S2-3</td>
<td>Cycle Express 12:30 PM</td>
</tr>
<tr>
<td>Cycling 7:30 PM</td>
<td>50 min</td>
<td>Dani</td>
<td>S1</td>
<td>TRX Shred 6:15 AM</td>
</tr>
<tr>
<td>Zumba 9:00 PM</td>
<td>50 min</td>
<td>Sean</td>
<td>S2-3</td>
<td>Body Sculpt 4:00 PM</td>
</tr>
</tbody>
</table>

**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

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

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**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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*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.*