



GROUP EXERCISE

OCTOBER 1 - NOVEMBER 30

KENNESAW SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 6:15AM 60 min Amanda AR-3	Cycling* 6:15AM 60 min Gabby S1	Yoga 6:15AM 60 min Jack AR-3	Cycling* 6:15AM 60 min TBA S1	Restorative Yoga 11:00AM 60 min Alissa AR-3
HIIT IT 6:45AM 30 min Gabby S2-3	Bootcamp 11:00AM 60 min Kevin S2-3	HIIT IT 6:45AM 30 min Kevin S2-3	Bootcamp 11:00AM 60 min Kevin S2-3	BODYATTACK™ 12:30PM 30 min Ashley S2-3
Yoga 11:00AM 60 min Jeff S2-3	PowerNap! 11:30AM 60 min Amanda AR3	Power Yoga 11:00AM 60 min Gabby S2-3	PowerNap! 11:30AM 60 min Amanda AR3	Cycle45* 3:00PM 45 min Blake S1
BODYATTACK™ 12:30PM 30 min Ashley S2-3	SPRINT™* 12:30PM 30 min Ashley S1	BODYATTACK™ 12:30PM 30 min Alyssa S2-3	SPRINT™* 12:30PM 30 min Ashley S1	
Guts & Butts 4:00PM 50 min Dianna S2-3	Pilates Reformer Small Group 12:30PM 60 min <i>Registration Required</i>	Guts & Butts 4:00PM 50 min Dianna S2-3	Pilates Reformer Small Group 12:30PM 60 min <i>Registration Required</i>	
CoreSpin* 5:30PM 60 min Blake S1	Strength Circuits 4:00PM 50 min Aaron S2-3	CoreSpin* 5:30PM 60 min Rachel S1	Strength Circuits 4:00PM 50 min Aaron S2-3	
Aqua Zumba® 6:00PM 50 min Sean Pool	Zumba® 5:00PM 50 min Kyria S2-3	Aqua Zumba® 6:00PM 50 min Sean Pool	Zumba® 5:00PM 50 min Kyria S2-3	
BodyBlast 7:00PM 50 min Dianna S2-3	HIIT Yoga 5:00PM 60 min Rachel AR-3	BodyBlast 7:00PM 50 min Dianna S2-3	HIIT Yoga 5:00PM 60 min Rachel AR-3	
SPRINT™* 8:00PM 30 min Alyssa S1	Cycle45* 7:15PM 45 min Dani S1	SPRINT™* 8:00PM 30 min Alyssa S1	Cycle45* 7:15PM 45 min Dani S1	
Zumba® 9:00PM 50 min Sean S2-3	BODYATTACK™ 8:00PM 30 min Alyssa S2-3	Zumba® 9:00PM 50 min Sean S2-3	BODYATTACK™ 8:00PM 30 min Alyssa S2-3	
	Yoga 9:00PM 60 min Jeff S2-3		Pilates 9:00PM 50 min Olivia S2-3	

SATURDAY

Pilates
10:00AM | 50 min
Olivia | AR-3

Cycling*
12:15PM | 60 min
Blake/Dani | S1

SUNDAY

Pilates
6:00PM | 50 min
Olivia | AR-3

Cycle 45*
7:00PM | 45 min
Blake | S1

Yoga
8:00PM | 60 min
Amanda | AR-3

Location Key:

- S1: Studio 1
- S2-3: Studios 2&3
- AR-3: Activity Room 3
- FTZ: Functional Training Zone
- MGX: Group Exercise Studio
- Pool: Indoor Pool

MARIETTA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	IMPORTANT DATES
Yoga 6:00PM 50 min Jeff MGX	Yoga 6:00PM 60 min Jack MGX	Pilates 7:00PM 50 min Jeff MGX	Yoga 6:00PM 60 min Jack MGX	<p>Oct. 5: Pilates Reformer Small Group Registration Closes</p> <p>Oct. 25: Glow in the Dark Cycling; <i>Cycle 45 canceled</i></p> <p>Nov. 3: Iron Owl Powerlifting Competition</p> <p>Nov. 17-25: Fall Break; <i>No Group Exercise Classes</i></p> <p>Nov. 30: Last Day of Group Exercise Classes</p> <p>*Arrive 10 minutes early for a 1-on-1 bike fitting</p>
BODYATTACK™ 7:00PM 30 min Ashley MGX	Zumba® 7:30PM 50 min Kyria MGX	CoreSpin* 8:00PM 50 min Blake MGX		
SPRINT™* 8:00PM 30 min Ashley MGX				

- STRENGTH & CONDITIONING
- CARDIO
- SMALL GROUP
- MIND & BODY
- AQUATIC