# OWL Fit

**GROUP EXERCISE**

**PART II SCHEDULE**

**MARCH 5 - MAY 6**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRX Strong</strong> 6:30 AM</td>
<td><strong>Cycling</strong> 6:15 AM</td>
<td><strong>Yoga</strong> 6:15 AM</td>
<td><strong>Strong by Zumba</strong> 7:00 AM</td>
<td><strong>CoreSpin</strong> 10:00 AM</td>
</tr>
<tr>
<td>Julie</td>
<td>Gabby</td>
<td>Jack</td>
<td>AR-3</td>
<td>Rachel/Blake</td>
</tr>
<tr>
<td>FTZ</td>
<td>S1</td>
<td>SRAC</td>
<td>S2-3</td>
<td>SRAC</td>
</tr>
<tr>
<td><strong>Bootcamp</strong> 11:00 AM</td>
<td><strong>Strong by Zumba</strong> 7:00 AM</td>
<td><strong>TRX Strong</strong> 6:30 AM</td>
<td><strong>Yoga</strong> 11:00 AM</td>
<td><strong>DanceFit</strong> 3:00 PM</td>
</tr>
<tr>
<td>Dianna</td>
<td>Len</td>
<td>Julie</td>
<td>FTZ</td>
<td><strong>HiIT IT</strong> 12:30 PM</td>
</tr>
<tr>
<td>S2-3</td>
<td>S2-3</td>
<td>SRAC</td>
<td>S2-3</td>
<td>40 min</td>
</tr>
<tr>
<td><strong>Cycle Express</strong> 12:30 PM</td>
<td><strong>Tabata Power</strong> 12:30 PM</td>
<td><strong>Cycle Express</strong> 12:30 PM</td>
<td><strong>DanceFit</strong> 5:30 PM</td>
<td><strong>DanceFit</strong> 5:30 PM</td>
</tr>
<tr>
<td>Catie</td>
<td><strong>Guts &amp; Butts</strong> 4:00 PM</td>
<td><strong>Cycling</strong> 5:30 PM</td>
<td><strong>Beginner’s Strength</strong> 6:30 PM</td>
<td><strong>Cycling</strong> 7:00 PM</td>
</tr>
<tr>
<td><strong>Body Sculpt</strong> 4:00 PM</td>
<td><strong>Yoga</strong> 11:00 AM</td>
<td><strong>Cycling</strong> 5:30 PM</td>
<td><strong>CoreSpin</strong> 10:00 AM</td>
<td><strong>Yoga</strong> 8:00 PM</td>
</tr>
<tr>
<td>Catie</td>
<td><strong>Jack</strong></td>
<td><strong>Blake</strong></td>
<td><strong>Len</strong></td>
<td>Amanda</td>
</tr>
<tr>
<td>S2-3</td>
<td>MGX</td>
<td>MGX</td>
<td>MGX</td>
<td>MGX</td>
</tr>
<tr>
<td><strong>Yoga</strong> 5:30 PM</td>
<td><strong>Tabata Power</strong> 12:30 PM</td>
<td><strong>Guts &amp; Butts</strong> 4:00 PM</td>
<td><strong>Cycling</strong> 7:00 AM</td>
<td><strong>Zumba</strong> 8:30 PM</td>
</tr>
<tr>
<td>Amanda</td>
<td><strong>Dianna</strong></td>
<td><strong>Catie</strong></td>
<td><strong>Blake</strong></td>
<td><strong>Len</strong></td>
</tr>
<tr>
<td>AR3</td>
<td>S2-3</td>
<td>FTZ</td>
<td>S2-3</td>
<td>S2-3</td>
</tr>
<tr>
<td><strong>Body Sculpt</strong> 7:00 PM</td>
<td><strong>TRX Shred</strong> 4:00 PM</td>
<td><strong>Zumba</strong> 9:00 PM</td>
<td><strong>Cycling</strong> 7:00 PM</td>
<td><strong>Zumba</strong> 8:30 PM</td>
</tr>
<tr>
<td>Dianna</td>
<td><strong>Yoga</strong> 11:00 AM</td>
<td><strong>Cycling</strong> 5:30 PM</td>
<td><strong>Blake</strong></td>
<td><strong>Len</strong></td>
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<tr>
<td>MGX</td>
<td><strong>Kevin</strong></td>
<td><strong>MGX</strong></td>
<td><strong>MGX</strong></td>
<td><strong>MGX</strong></td>
</tr>
<tr>
<td><strong>Zumba</strong> 9:00 PM</td>
<td><strong>DanceFit</strong> 5:30 PM</td>
<td><strong>Cycling</strong> 7:00 PM</td>
<td><strong>Blake</strong></td>
<td><strong>Len</strong></td>
</tr>
<tr>
<td>50 min</td>
<td><strong>Kyriea</strong></td>
<td><strong>MGX</strong></td>
<td><strong>MGX</strong></td>
<td><strong>MGX</strong></td>
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<tr>
<td>S2-3</td>
<td>S2-3</td>
<td><strong>SRAC</strong></td>
<td><strong>SRAC</strong></td>
<td><strong>SRAC</strong></td>
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</tbody>
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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)
- **MGX**: Group Exercise Studio
- **RWC**: Recreation and Wellness Center (Marietta Campus)

**IMPORTANT DATES**

- **March 5th**: Group Exercise Schedule Part 2 Starts
- **March 31st-April 8th**: Modified Group Exercise Schedule
  - **Spring Break**: (See website for Spring Break schedule)
- **April 17th**: Zumba Dance Party (7:30pm) - Strong by Zumba Cancelled
- **April 30th**: Last day of Spring Group Exercise Classes
- **May 14th**: Summer Group Exercise Classes Begin

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**SPORTSREC.KENNESAW.EDU/OWLFIT**

**#OWLSINMOTION**
GROUP EXERCISE CLASS DESCRIPTIONS

MIND & BODY

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.

STRENGTH & CONDITIONING/FUNCTIONAL

TRX® SHRED: using the TRX® Suspension Trainers and other fitness tools to leverage gravity and body weight, while performing hundreds of exercises, as well as adjusting your body position to add or decrease intensity.

TRX® STRONG: pushing yourself to new levels of strength using the TRX® Suspension Trainer and your own body weight. Be ready to “feel the burn” as you power through multiple sets of strength exercises in a time-based workout sure to burn calories and build muscle.

TABATA POWER: working only for 20 seconds? This class is high intensity interval training that focuses on 20 second work intervals with 10 second rests.

BOOTCAMP: exhilarating and effective workout utilizing body weight, dumbbells, and pure athletic ability to push your fitness limits by involving multi-joint exercises to mimic every-day movement patterns.

BEGINNER’S STRENGTH: focusing on basic strength training, utilizing body weight, dumbbells, sandbags, TRX® Suspension Trainers, and more. This class is intended for beginners or anyone looking to sharpen their form. Intensity levels range from moderate to high depending on YOUR goals!

HIIT IT: huffing and puffing between various work-to-rest ratios to improve muscular power, strength, endurance as well as cardiovascular health. High Intensity Interval Training or HIIT allows you to increase the intensity of the workout so you can decrease the duration. This class is perfect to get your lunch time pump!

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

CORESPIN: killing your cardio and core workout in one! Enjoy half the class on the bikes for cardio and half on the mats for core training!

GUTS & BUTTS: Concentrating highly on the abdominals, lower back, and lower body, this challenging but fun workout is for all fitness levels.

CARDIO

ZUMBA®: combining unique, high energy moves and motivating international music that will make you forget it’s a workout.

STRONG BY ZUMBA®: maximizing your cardio and strength while enjoying the fun of Zumba®! Like Zumba® Toning, this class incorporates the use of light weights to enhance muscular strength, but picks up the heat with intervals and movements that are strength-centered and perfectly synced to each beat.

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* and CYCLE EXPRESS*: 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 (Cycle express is everything you love about cycling in 30 minutes!)*arrive 15 minutes early for a 1-on-1 bike fitting with the instructor; please bring a water bottle and towel to this class!

SPECIAL EVENTS

Foundational Movement Series:
While there is no one exercise critical to smart strength training programs, there are six foundational movement patterns every person should be able to develop, load, and master:
March 19 - Pull
April 16 - Push
May 21 - Stabilization/Core

CERTIFICATION OPPORTUNITIES

TRX Sports Medicine Course - April 14
YogaFit Pranayama - April 21
Aquatic Exercise Association - June 9-10
YogaFit Anatomy & Alignment - June 23-24

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