# Group Exercise Spring Break Schedule

## April 2 - April 6

### Monday
- **Bootcamp**
  - 11:00 AM | 60 min
  - Len | S2-3 | SRAC

- **TRX Strong**
  - 1:00 PM | 45 min
  - Julie | FTZ | SRAC

- **Yoga**
  - 5:30 PM | 60 min
  - Amanda | AR3 | SRAC

- **Yoga**
  - 7:30 PM | 60 min
  - Amanda | MGX | RWC

### Tuesday
- **Strong by Zumba**
  - 5:30 PM | 60 min
  - Len | S2-3 | SRAC

- **Strong by Zumba**
  - 7:00 AM | 60 min
  - Amanda | AR-3 | SRAC

- **Zumba**
  - 7:30 PM | 50 min
  - Kyriea | S2-3 | SRAC

### Wednesday
- **Yoga**
  - 6:15 AM | 60 min
  - Amanda | AR-3 | SRAC

- **DanceFit**
  - 7:30 PM | 50 min
  - Kyriea | S2-3 | SRAC

### Thursday
- **Yoga**
  - 1:00 AM | 55 min
  - Rachel | AR-3 | SRAC

- **HIIT IT**
  - 12:30 PM | 40 min
  - Kevin | FTZ | SRAC

- **DanceFit**
  - 5:30 PM | 50 min
  - Kyriea | MGX | RWC

### 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
  - (Marietta Campus)
- **RWC**: Recreation and Wellness Center
  - (Marietta Campus)

### Important Dates
- March 31st-April 8th: Modified Group Exercise Schedule
- Spring Break
- 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

## 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® 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.
- **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!

## 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.
**DanceFit**: 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.

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sportsrec.kennesaw.edu/owlfit  
#Owlsinmotion