



# GROUP EXERCISE CLASS SCHEDULE

JULY 2 - JULY 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Restorative Yoga</b> 11:00 AM   60 min CPS   AR3   SRAC	<b>Cycling*</b> 6:15 AM   50 min Paige   SI   SRAC	<b>Yoga</b> 6:15 AM   60 min Amanda   AR3   SRAC	<b>Cycling*</b> 6:15 AM   50 min Paige   SI   SRAC
<b>PowerNap!</b> 12:15 PM   60 min Amanda   AR3   SRAC	<b>Bootcamp</b> 11:00 AM   60 min Kevin   S2-3   SRAC	<b>Yoga</b> 11:00 AM   60 min Amanda   AR3   SRAC	<b>Bootcamp</b> 11:00 AM   60 min Kevin   S2-3   SRAC
<b>Cycle Express*</b> 12:30 PM   30 min Blake   SI   SRAC	<b>PowerNap!</b> 12:15 PM   60 min Kevin   AR3   SRAC	<b>Cycling*</b> 12:00 PM   50 min Blake   SI   SRAC	<b>PowerNap!</b> 12:15 PM   60 min Kevin   AR3   SRAC
<b>Bootcamp</b> 4:00 PM   60 min Dianna   S2-3   SRAC	<b>Cycle Express*</b> 12:30 PM   30 min Blake   SI   SRAC	<b>Bootcamp</b> 4:00 PM   60 min Dianna   S2-3   SRAC	<b>Cycle Express*</b> 12:30 PM   30 min Paige   SI   SRAC
<b>Yoga</b> 5:15 PM   60 min Jack   AR3   SRAC	<b>Guts and Butts</b> 4:00 PM   50 min Dianna   S2-3   SRAC	<b>Yoga</b> 5:15 PM   60 min Jack   AR3   SRAC	<b>Guts and Butts</b> 4:00 PM   50 min Dianna   S2-3   SRAC
<b>Pilates</b> 5:30 PM   60 min Olivia   MGX   RWC	<b>HIIT Yoga</b> 5:15 PM   60 min Rachel   AR3   SRAC	<b>Cycling*</b> 6:00 PM   50 min Paige   SI   SRAC	<b>HIIT Yoga</b> 5:15 PM   60 min Rachel   AR3   SRAC
<b>Guts and Butts</b> 6:30 PM   50 min Dianna   S2-3   SRAC	<b>Cycle Express*</b> 6:30 PM   30 min Blake   SI   SRAC	<b>Guts and Butts</b> 6:00 PM   50 min Josie   MGX   RWC	<b>Cycling*</b> 5:15 PM   50 min Blake   MGX   RWC
<b>Cycling*</b> 7:00 PM   50 min Blake   MGX   RWC	<b>Cycling*</b> 6:00 PM   50 min Paige   MGX   RWC	<b>Beginner's Strength</b> 7:00 PM   50 min Josie   MGX   RWC	<b>Yoga</b> 7:00 PM   60 min Jack   MGX   RWC
<b>Zumba</b> 7:30 PM   50 min Sean   S2-3   SRAC	<b>Yoga</b> 7:00 PM   60 min Jack   MGX   RWC	<b>Zumba</b> 7:30 PM   50 min Sean   S2-3   SRAC	<b>Pilates</b> 7:30 PM   60 min Olivia   AR3   SRAC
	<b>Pilates</b> 7:30 PM   60 min Olivia   AR3   SRAC		

Please note our new locations key!

- ### LOCATIONS
- Kennesaw Campus:**  
 SRAC: Student Recreation and Activities Center  
 SI: Studio 1  
 S2-3: Studios 2&3  
 AR-3: Activity Room 3  
 FTZ: Functional Training Zone
- Marietta Campus:**  
 RWC: Recreation and Wellness Center  
 MGX: Group Exercise Studio

- CARDIO
- MIND & BODY
- FUNCTIONAL
- STRENGTH & CONDITIONING

#KSUSPORTSREC

SPORTSREC.KENNESAW.EDU/OWLFIT

#OWLSINMOTION

Classes will not be held on July 4.  
 Classes are subject to change/cancellation.  
 \*Arrive 10 minutes early for 1-on-1 bike fitting with instructor.