<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pilates</strong>&lt;br&gt;6:15 AM</td>
<td>60 min&lt;br&gt;Jeff</td>
<td>AR3</td>
<td>SRAC</td>
</tr>
<tr>
<td><strong>Yoga</strong>&lt;br&gt;11:00 AM</td>
<td>60 min&lt;br&gt;Amanda</td>
<td>AR3</td>
<td>SRAC</td>
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<tr>
<td><strong>TRX Shred</strong>&lt;br&gt;12:30 PM</td>
<td>45 min&lt;br&gt;Catie</td>
<td>FTZ</td>
<td>SRAC</td>
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<tr>
<td><strong>Yoga</strong>&lt;br&gt;5:15 PM</td>
<td>60 min&lt;br&gt;Gabby</td>
<td>AR3</td>
<td>SRAC</td>
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<tr>
<td><strong>Yoga</strong>&lt;br&gt;5:30 PM</td>
<td>60 min&lt;br&gt;Jeff</td>
<td>MGX</td>
<td>RWC</td>
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<tr>
<td><strong>Pilates</strong>&lt;br&gt;7:00 PM</td>
<td>60 min&lt;br&gt;Jeff</td>
<td>MGX</td>
<td>RWC</td>
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<tr>
<td><strong>Zumba</strong>&lt;br&gt;7:30 PM</td>
<td>50 min&lt;br&gt;Sean</td>
<td>S2-3</td>
<td>SRAC</td>
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**Locations**
- **S1:** Studio I
- **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**
- May 28: Memorial Day (No Classes)
- June 4: June Class Schedule Begins

#KSUSPORTSREC
SPORTSREC.KENNESAW.EDU/OWLFIT
#OWLSINMOTION
GROUP EXERCISE
CLASS DESCRIPTIONS

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. Please bring yoga mat for practice.

POWERNAP!: taking the time to get the rest you need, this class will have a 20 minute gentle Hatha yoga flow, followed by a guided meditation into a 30-minute power nap. You are welcome to bring a small pillow or blanket!

PILATES: combining a series of low impact exercises focusing on alignment and breathing to develop muscular endurance, balance and inner awareness. Please bring mat for practice.

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.

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.

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

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!