



# GROUP EXERCISE

## CLASS SCHEDULE

MAY 14 - MAY 31

### MONDAY

#### Pilates

6:15 AM | 60 min  
Jeff | AR3 | SRAC

#### Yoga

11:00 AM | 60 min  
Amanda | AR3 | SRAC

#### TRX Shred

12:30 PM | 45 min  
Catie | FTZ | SRAC

#### Yoga

5:15 PM | 60 min  
Gabby | AR3 | SRAC

#### Yoga

5:30 PM | 60 min  
Jeff | MGX | RWC

#### Pilates

7:00 PM | 60 min  
Jeff | MGX | RWC

#### Zumba

7:30 PM | 50 min  
Sean | S2-3 | SRAC

### TUESDAY

#### Cycling\*

6:15 AM | 50 min  
Catie | S1 | SRAC

#### Bootcamp

11:00 AM | 60 min  
Kevin | S2-3 | SRAC

#### PowerNap!

12:15 PM | 60 min  
Kevin | AR3 | SRAC

#### Cycle Express\*

12:30 PM | 30 min  
Catie | S1 | SRAC

#### Zumba

5:30 PM | 50 min  
Kyria | S2-3 | SRAC

#### Cycling\*

5:30 PM | 50 min  
Gabby | MGX | RWC

#### Yoga

7:00 PM | 60 min  
Gabby | MGX | RWC

#### Pilates

7:30 PM | 60 min  
Jeff | AR3 | SRAC

### WEDNESDAY

#### Yoga

6:15 AM | 60 min  
Amanda | AR3 | SRAC

#### Yoga

11:00 AM | 60 min  
Gabby | AR3 | SRAC

#### TRX Shred

12:30 PM | 45 min  
Catie | FTZ | SRAC

#### Yoga

5:15 PM | 60 min  
Jeff | MGX | RWC

#### Zumba

7:30 PM | 50 min  
Sean | S2-3 | SRAC

### THURSDAY

#### Cycling\*

6:15 AM | 50 min  
Dani | S1 | SRAC

#### Bootcamp

11:00 AM | 60 min  
Kevin | S2-3 | SRAC

#### PowerNap!

12:15 PM | 60 min  
Kevin | AR3 | SRAC

#### Cycle Express\*

12:30 PM | 30 min  
Dani | S1 | SRAC

#### Zumba

5:30 PM | 50 min  
Kyria | MGX | RWC

#### Yoga

6:15 PM | 60 min  
Jeff | AR3 | SRAC

#### Pilates

7:30 PM | 60 min  
Jeff | AR3 | SRAC

Please note our new locations key!

### 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

May 28: Memorial Day (No Classes)

June 4: June Class Schedule Begins



# 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!