

NWLET

GROUP EXERCISE

PART I SCHEDULE

JANUARY 8 - MARCH 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRX Strong 6:30AM 45 min Julie FTZ 	Cycling 6:15 AM 50 min Gabby S1 	Yoga 6:15 AM 60 min Gabby AR-3 	Strong by Zumba 7:00 AM 60 min Len S2-3 	CoreSpin 10:00 AM 50 min Rachel S1 & S2-3
Bootcamp 11:00 AM 50 min Julie S2-3 	Strong by Zumba 7:00 AM 60 min Len S2-3 	TRX Strong 6:30 AM 45 min Julie FTZ 	Yoga 11:00 AM 60 min Rachel AR-3 	Yoga 11:00 AM 60 min Gabby AR-3
Cycle Express 12:30 PM 25 min Catie S1 	Yoga 11:00 AM 60 min Rachel AR-3 	Bootcamp 11:00 AM 50 min Gabby S2-3 	HIIT IT 12:30 PM 40 min Kevin S2-3 	
Body Sculpt 4:00 PM 50 min Catie S2-3 	Tabata Power 12:30 PM 40 min Kevin FTZ 	Cycle Express 12:30 PM 25 min Catie S1 	Beginner's Strength 6:30 PM 50 min Julie S2-3 	
Zumba 9:00 PM 50 min Sean S2-3 	TRX Shred 4:00 PM 50 min Catie FTZ 	Body Sculpt 4:00 PM 50 min Catie S2-3 	Cycling 7:30 PM 50 min Dani S1 	
	Strong by Zumba 8:30 PM 60 min Len S2-3 	Zumba 9:00 PM 50 min Sean S2-3 	Zumba 8:30 PM 50 min Len S2-3 	

IMPORTANT DATES

January 8th: Group Exercise Schedule Part I Starts

January 15th: No Classes
Facility Closed in observance of MLK Holiday

February 1st: Creed Week: New Year's Yoga

March 1st: Glow in the Dark Cycling

March 5th: Group Exercise Schedule Part 2 Starts

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

April 17th: Zumba Dance Party,
Strong by Zumba Cancelled

April 30th: Last day of Spring Group Exercise Classes

May 14th: Summer Group Exercise Classes Begin
 These classes are included in your student fees.
 No additional charge.

All classes and/or instructors are subject to cancellation or change due to environmental conditions, low participation, maintenance, renovation, facility cleaning, and/or special events.

■ MIND & BODY
 ■ CARDIO

■ STRENGTH & CONDITIONING
 ■ FUNCTIONAL

Locations:
S1: Studio 1
S2-3: Studios 2&3
SRAC: Student Recreation and Activities Center (Kennesaw Campus)
AR-3: Activity Room 3
FTZ: Functional Training Zone