OwlFit Events

Department of Sports and Recreation

Our OwlFit Team is excited to bring you a semester full of special events, workshops, classes and personal training that will help you achieve YOUR Fitness Goals. All services are led by national certified fitness professional with many specialties.

Speciality Workshops

**Olympic Lifting 6-Week Program:**
This 6-week progressive workshop will teach you the principles of Olympic lifting including the Clean and Jerk, and Snatch.

*When:* September 8th – October 17th
*Mondays or Thursday 9am-11am*
*Where:* Power XP Room

*Limit to 6 participants per session, Register in the Administrative Suites Office of the SRAC.*

Cost $130

**Women ’n Weights:**
Calling all Ladies! Come and learn how to use various pieces of equipment for strength training including barbells, dumbbells, Kettlebells, TRX, and more! This is a 6-week progressive workshop. Wednesdays will be interactive learning days and open gym on Saturdays to apply what you learned!

*When:* Wednesday September 21st – October 26th, 4-6 PM
*Where:* SRAC, Activity Room 3

*Limit to 12 participants, Register in the Administrative Suites Office of the SRAC.*

Cost $130

Special Events

**Muscle Recovery Workshop:**
*When:* Friday September 9th, 12PM
Learn the basics of myofascial release and foam rolling.

*Limit to 12 participants max. Register online at: mysportsrec.kennesaw.edu-> Program Offerings-> OwlFit-> Muscle Recovery Workshop*

**VII Annual Iron Owl Power Lifting Competition:**
*When:* Saturday October 22nd
Come and compete to be the next Iron Owl Campion. Lifts include a 1-rep max of a bench press, deadlift, and back squat. Registration opens October 1st.

For more information visit us at http://sportsrec.kennesaw.edu/owlfit/