## OwlFit Group Exercise Schedule Two Spring 2016

Visit us online: [http://www.kennesaw.edu/sportsrec/](http://www.kennesaw.edu/sportsrec/)

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Kennesaw Campus-Student Recreation and Activities Center</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday</td>
</tr>
<tr>
<td>9:00AM</td>
<td></td>
</tr>
<tr>
<td>9:30AM</td>
<td></td>
</tr>
<tr>
<td>11:00AM</td>
<td>Yin Yoga (60 min) Studios 2/3</td>
</tr>
<tr>
<td>12:30PM</td>
<td>Zumba (60 min) Studios 2/3</td>
</tr>
<tr>
<td>4:00PM</td>
<td>Zumba (60 min) Studios 2/3</td>
</tr>
<tr>
<td>5:00PM</td>
<td></td>
</tr>
<tr>
<td>5:30PM</td>
<td></td>
</tr>
<tr>
<td>6:00PM</td>
<td>Zumba Toning (60 min) Studios 2/3</td>
</tr>
<tr>
<td>7:15PM</td>
<td>Dancination (45 min) Studios 2/3</td>
</tr>
<tr>
<td>7:30PM</td>
<td>Yoga (60 min) Studios 2/3</td>
</tr>
<tr>
<td>8:30PM</td>
<td>Yoga (60 min) Studios 2/3</td>
</tr>
</tbody>
</table>

All classes are subject to cancellation or change due to environmental conditions, low participation, maintenance, renovation, facility cleaning, and/or special events. Please note that there has been some class changes made for schedule two. **All classes will begin promptly on time. If arriving late, there is a possibility of being denied entry.**

### Important Dates:
- February 29: Group Exercise Schedule Number Two Begins
- April 2-8: No classes or sessions offered
- May 2: Last day of Group Exercise classes for Spring 2016

### Interested in becoming a GX Instructor or Personal Trainer?
**Come to an Info Session to learn more!**
- March 7, 5:00PM: Kennesaw Students Recreation Activities Center Activity Rooms
- March 8, 12:30PM: Kennesaw Students Recreation Activities Center Activity Rooms
- March 9, 5:00PM: Marietta Campus Recreation Center Group Exercise Studio

### Special Events:
- March 1: Love your Body Week Yoga, Marietta Campus, 7PM
- March 3: Love your Body Week Zumba, Kennesaw Campus 7PM
- April 28: Zumba on the Green, Kennesaw Campus, 4PM
**Workshops and Trainings:**

**American College of Sports Medicine Certified Personal Trainer (One-Day Course):**
Date: March 13, 2016 Time: 9:00AM-4:00PM
Description: Designed for currently and previously certified personal trainers who feel confident in their basic knowledge of exercise physiology, anatomy and kinesiology. This workshop provides updated ACSM and other pertinent industry guidelines, as well as the opportunity to identify CPT-specific knowledge, skills, and abilities (KSAs). For more information and to register, visit: http://certification.acsm.org/

**American College of Sports Medicine Certified Personal Trainer (Three-Day Course):**
Date: March 11-13, 2016 Time: Fri. (1:00PM-9:30PM) Sat. (8:00AM-5:30PM) Sun. (9:00AM-4:00PM)
Description: Exclusive ACSM workshop for participants who are interested in comprehensive, hands-on preparation for earning the ACSM CPT credential. This workshop provides state-of-the-art information in the exercise sciences, including updated ACSM and industry guidelines as well as behavioral objectives, dimensions of wellness and more. In addition, participants can save $30 on the ACSM CPT exam when they register through the Fitness Education Network. For more information and to register, visit: http://certification.acsm.org/

**TRX Suspension Training Course (One-Day Course):**
Date: March 6, 2016 Time: Sat. (9:00AM-5:00PM)
Description: Learn the fundamentals of TRX® Suspension Training® and how to incorporate them into your personal training practice in this introductory eight-hour course. With the versatility of TRX Suspension Training® you’ll have a portable fitness solution to train clients in any setting. You’ll learn how to properly perform and cue foundational Suspension Training exercises as well as the benefits and target muscles of the exercises. Learn modifications and progressions to adapt the exercises to every fitness level.
https://www.trxtraining.com/

**Group Exercise Class Descriptions**

**CoreSpin:** is a killer cycling and core workout in one! Enjoy 30 minutes of core training followed by 30 minutes of cycling. What a combination!

**Cycle Express:** is a heart-pumping workout in only 35 minutes of work! Climb, sprint, and train to incredible music and extraordinary instruction.

**Yoga:** focuses on flexibility, strength, and stamina through various poses and postures. If you haven’t tried it yet, what are you waiting for?

**Yin Yoga:** is a relaxed way to balance your practice. Yin targets tendons, ligaments, and fascia by holding floor postures for two to five minutes. Breath work is also practiced.

**Zumba®:** is based on the principle that a workout should be fun and easy to do! Zumba® includes high energy and motivating music with unique moves and combinations that will make you forget it’s a workout.

**Zumba® Toning:** combines body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party.

**Dancination:** provides a fun, awesome aerobics workout while learning the latest “hip hop” moves, line dancing, and freestyle moves. Add a fun new flavor to your workout.

**Gutts and Butts:** consists of a highly concentrated abdominal, back, and lower body workout. Challenging but fun, this class is designed to get your heart pumping and target those “hard to reach” areas.

**Bootcamp:** will push your fitness limits with body weight, dumbbells, and pure athletic ability! Join us for effective, exhilarating exercise!

**Superhuman360:** is a unique fitness experience featuring the Synergy360. This intense, dynamic class includes a little bit of everything-cardio drills, plyometrics, agility, strength, and power.

**YogaFit Level 1- Foundations of Safety for Personal Practice and Teaching (Two-Day Course):**
Date: April 23- April 24, 2016 Time: Sat. (8AM-6PM) Sun. (8AM-6PM)
Description: This informative workshop gives instructors the tools to create inspiring vinyasa yoga classes that are founded on flow yet grounded in the safety of exercise science. The learning includes physical execution, transitions, and modifications to traditional yoga poses with an emphasis on effectiveness and safety. Dynamic vinyasa sequencing, flowing class formats, and transformative language for communicating the mind/body connection have made this the most popular vinyasa yoga style in the world today. While most attendees have experience as either yoga students, teachers, therapists, or as fitness professionals, there are no prerequisites, only the desire to learn and commitment to attend.
http://www.yogafit.com/