HEAL SEAL OF APPROVAL:

HEAL Sealed classes emphasize body positivity and are beginner friendly classes. HEAL is an on campus team that promotes healthy eating and living. Visit https://counseling.kennesaw.edu/services/case-management/heal-team.php for more information.

MIND & BODY:

Please bring a mat for all mind/body classes.

YOGA is a practice of various poses, postures, and breathing techniques to build a strong foundation of flexibility, strength, and stamina. This class focuses on reducing stress, enhancing awareness, and practicing personal growth.

VINYASA YOGA is a style of yoga that matches breath to movement to achieve a continuous flow.

POWER YOGA is a Vinyasa flow yoga that will challenge you to advance your yoga practices while leaving you feeling energized. Towel is suggested.

RESTORATIVE YOGA is a therapeutic yoga class, hosted in partnership with the Department of Counseling and Psychological Services, that is designed to promote holistic wellbeing by cultivating an intentional self-care practice and developing the mind-body connection. Participants will engage in restorative yoga practices, including breath techniques, postures and meditation.

MAT PILATES is ideal for beginners and those who want a safe and effective class experience to build a solid Pilates foundation. Focus on form and alignment to help you master the Pilates fundamentals, so that you can get the most out of your workout as you become more advanced.

POP PILATES is a total body, equipment-free workout that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

STRENGTH & CONDITIONING:

STRENGTH CIRCUITS is a combination of athletic based strength and cardio movements in a circuit training format. This full body workout will take your training to the next level while improving your strength, endurance, body composition, and athletic performance.

GUTS AND BUTTS is a class concentrating highly on the abdominals, lower back, and lower body, this challenging but fun workout is for all fitness levels.

STRENGTH 101 is focused on the fundamentals of strength training utilizing a variety of equipment. This class is intended for beginners or anyone looking to sharpen their form. Intensity levels range from moderate to high depending on YOUR goals!

DANCE:

HIP HOP TONING is a fusion of Hip Hop dancing and full-body toning exercises! This class will have you dancing your calories off!

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be “FUN AND EASY TO DO.” The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

CARDIO:

CYCLING/CYCLE45/CYCLE EXPRESS* is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Cycle45 is everything you love about cycling in 45 and Cycle express is a 30-minute version!

HIPHOP CYCLE is everything you love about cycling to your favorite HipHop songs in a club atmosphere! Bring a friend for this exciting class!

CORESPIN* is a fusion of a cardio cycling workout and strength training. It consists of 30 minutes of high-intensity cycling, followed by core exercises that target the abdominals and lower back.

*arrive 15 minutes early for a 1-on-1 bike fitting with the instructor. Please bring a water bottle and towel to this class!

RESTORATIVE CYCLING is a therapeutic cycling class designed to promote holistic wellbeing by cultivating an intentional self-care practice and developing the mind-body connection. This class is low-impact/low intensity great for your recovery day!

SMALL GROUPS:

SMALL GROUP PERSONAL TRAINING: Get the 1 on 1 attention of personal training with the excitement of a group dynamic! Sign up for small group personal training and achieve your goals today! Register in-person at the Kennesaw Campus SRAC in the Administrative Office Suite.

WOMEN ON WEIGHTS SMALL GROUP: During this 5-week program you will learn proper weightlifting technique, how to utilize various pieces of equipment, and gain the knowledge and confidence to create your own strength training workout. The goal and purpose of Women on Weights is to teach women the benefits of strength training, and how-to strength train properly to maximize their health and fitness goals. Register in-person at the Kennesaw Campus SRAC in the Administrative Office Suite.