



GROUP FITNESS

January 19-April 30

Spring Break (March 8-14) - No Fitness Classes

MONDAY

Cycle Express

11:15 AM
Studio 3
Moochie

Guts and Butts

5:15 PM
Studio 2
Sam

Zumba

7:15 PM
Studio 3
Grace

TUESDAY

Cycle Express

7:15 AM
Studio 3
Reagan

Strength Circuits

1:15 PM
Studio 2
Moochie

Zumba

5:15 PM
Studio 3
Alexandra

Yoga

7:15 PM
Studio 2
Avani

WEDNESDAY

Cycle Express

11:15 AM
Studio 3
Moochie

Guts and Butts

5:15 PM
Studio 2
Sam

Zumba

7:15 PM
Studio 3
Grace

THURSDAY

Cycle Express

7:15 AM
Studio 3
Reagan

Strength Circuits

1:15 PM
Studio 2
Moochie

Zumba

5:15 PM
Studio 3
Alexandra

Yoga

7:15 PM
Studio 2
Avani

All classes will be 30 minutes.

Must register for a Facility Reservation via mysportsrec or Sports and Rec app.

Classes are limited to 8 participants.

Masks required during workouts.

@ksusportsrec



KENNESAW STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS
Sports and Recreation