

# GROUP FITNESS

MARCH 4 - APRIL 28

## KENNESAW SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga</b> 6:15 AM   60 min Nandi   S2-3	<b>Cycling*</b> 6:15 AM   60 min Gabby   S1	<b>Yoga</b> 6:15 AM   60 min Nandi   S2-3	<b>Bootcamp</b> 11:15 AM   45 min Dianna   S2-3	<b>Restorative Yoga</b> 11:15 AM   50 min Alissa   S2-3
<b>Women on Weights</b> 11:15 AM   60 min Dianna   TBA <i>Registration Required</i>	<b>Bootcamp</b> 11:15 AM   45 min Kevin   S2-3	<b>Women on Weights</b> 11:15 AM   60 min Dianna   TBA <i>Registration Required</i>	<b>Zumba</b> 12:30 PM   45 min Keay   S2-3	<b>SUNDAY</b>
<b>Power Yoga</b> 11:15 AM   60 min Jeff   S2-3	<b>Cycle Express*</b> 12:30 PM   30 min Gabby   S1	<b>Power Yoga</b> 11:15 AM   60 min Jeff   S2-3	<b>Strength Circuits</b> 4:00 PM   45 min Aaron   S2-3	<b>Pilates</b> 6:00 PM   60 min Olivia   S2-3
<b>Guts &amp; Butts</b> 4:00 PM   45 min Rachel   S2-3	<b>Strength Circuits</b> 4:00 PM   45 min Aaron   S2-3	<b>Guts &amp; Butts</b> 4:00 PM   45 min Anaya   S2-3	<b>Pilates Reformer Small Group</b> 4:00 PM   60 min Olivia   S1 <i>Registration Required</i>	<b>CoreSpin*</b> 7:00 PM   60 min Jeff   S1
<b>Zumba®</b> 5:15 PM   60 min Keay   S2-3	<b>Pilates Reformer Small Group</b> 4:00 PM   60 min Olivia   S1 <i>Registration Required</i>	<b>Zumba®</b> 5:15 PM   60 min Keay   S2-3	<b>Pilates</b> 5:15 PM   60 min Olivia   S2-3	<b>Yoga</b> 8:15 PM   60 min Jeff   AR-3
<b>Hip Hop Toning</b> 7:00 PM   60 min Anaya   S2-3	<b>Pilates</b> 5:15 PM   60 min Olivia   S2-3	<b>Cycle45*</b> 7:00 PM   45 min Amanda   S1	<b>Hip Hop Toning</b> 8:00 PM   60 min Anaya   S2-3	<b>LOCATION KEY</b>
<b>Yoga</b> 8:00 PM   60 min Katherine   AR-3	<b>CoreSpin*</b> 7:00 PM   60 min Rachel   S1	<b>Yoga</b> 8:00 PM   60 min Katherine   AR-3	<b>Yoga</b> 9:15 PM   60 min Jeff   S2-3	<b>SRAC/Kennesaw Campus</b> S1: Studio 1 S2-3: Studios 2&3 AR-3: Activity Room 3
<b>Zumba®</b> 9:15 PM   60 min Anaya   S2-3	<b>Pilates</b> 8:00 PM   60 min Jeff   S2-3	<b>Zumba®</b> 9:15 PM   60 min Anaya   S2-3		<b>RWC/Marietta Campus</b> MGX: Group Exercise Studio
	<b>Yoga</b> 9:15 PM   60 min Jeff   S2-3			<b>CLASS TYPE</b>
				<span style="color: #800000;">■</span> STRENGTH & CONDITIONING <span style="color: #008000;">■</span> CARDIO <span style="color: #4169E1;">■</span> MIND & BODY <span style="color: #000000;">■</span> SMALL GROUP
			*Arrive 10 minutes early for a 1-on-1 bike fitting	

## MARIETTA SCHEDULE

MONDAY	TUESDAY	THURSDAY	IMPORTANT DATES
<b>Yoga</b> 7:00 PM   60 min Nandi   MGX	<b>Zumba®</b> 7:30 PM   60 min Anaya   MGX	<b>Cycle45*</b> 7:00 PM   45 min Amanda   MGX	March 4 - April 10: <i>Small Group: Women on Weights</i> March 12 - April 25: <i>Small Group: Pilates Reformer</i> March 18 - April 19: <i>Bike Across America Cross Training Challenge</i> March 18 - 22: <i>Suicide Prevention Week</i> March 30 - April 7: <i>Spring Break: Group Fitness &amp; Small Group Classes Cancelled</i> April 11-13: <i>NCUR Conference: Group Fitness &amp; Small Group Classes Cancelled</i> April 28: <i>Last day of Group Fitness Schedule</i>
<b>CoreSpin*</b> 8:15 PM   60 min Rachel   MGX	<b>Yoga</b> 9:00 PM   60 min Katherine   MGX	<b>Yoga</b> 8:00 PM   60 min Amanda   MGX	