



GROUP FITNESS

June 1 - July 25

MONDAY

Boot Camp

11:15 AM
Studio 2- 30 min
Deondre

Yoga 101

6:15 PM
Studio 2- 45 min
Avani

TUESDAY

Cycle 45

7:15 AM
Studio 3- 45 min
Moochie

Yoga 101

11:15 AM
Studio 2- 45 min
Avani

Shred It

6:15 PM
Studio 2- 30 min
Tamlen

WEDNESDAY

Boot Camp

11:15 AM
Studio 2- 30 min
Deondre

Yoga 101

6:15 PM
Studio 2- 45 min
Avani

THURSDAY

Cycle 45

7:15 AM
Studio 3- 45 min
Moochie

Yoga 101

11:15 AM
Studio 2- 45 min
Avani

Shred It

6:15 PM
Studio 2- 30 min
Tamlen

All classes are at the SRAC on the Kennesaw Campus

Bootcamp: Is an interval training workout, using moderate-high intensity exercises that help you develop physical and mental stamina. Bootcamp will help you improve your cardiovascular fitness, total body strength, and core endurance.

Shred It: A combination of athletic based strength and cardio movements in a circuit training format!

Yoga 101: 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.

Cycle 45: Join us on your own indoor bike or use one at the facility! Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

@ksusportsrec



**KENNESAW STATE
UNIVERSITY**

DIVISION OF STUDENT AFFAIRS
Sports and Recreation