

EFC GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 5TH

CLASS FORMATS	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Pilates	7:00 AM		Pilates (45 Min)		Cycle & Strength (45 Min)	
Cardio Kickboxing						
Cycle and Strength (45 Min)						
Boot Camp	12:15 PM	All Levels Yoga (45 Min)	Vinyasa Yoga (45 Min)	Stretch & Stabilize (45 Min)	Vinyasa Yoga (45 Min)	All Levels Yoga (45 Min)
Stretch and Stabilize						
Strength and Stamina:						
Yoga (all levels)	4:30 PM	Zumba (45 Min)		Cardio Strength (45 Min)		
Zumba						
Cardio Strength	5:30 PM	Strength & Stamina (45 Min)	Boot Camp (45 Min)	Zumba (45 Min)	Cardio Kickboxing (45 Min)	
Vinyasa Yoga						

KSU Employee Fitness Center

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Visit our website: employewellness.kennesaw.edu

Class times and instructor schedules are subject to change

