

EFC GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 5TH

CLASS FORMATS

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| Pilates |
| Cardio Kickboxing |
| Cycle and Strength (45 Min) |
| Boot Camp |
| Stretch and Stabilize |
| Strength and Stamina: |
| Yoga (all levels) |
| Zumba |
| Cardio Strength |
| Vinyasa Yoga |

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-----------------------------|-----------------------|------------------------------|----------------------------|--------------------------|
| 7:00 AM | | Pilates (45 Min) | | Cycle & Strength (45 Min) | |
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| 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) |
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| 4:30 PM | Zumba (45 Min) | | Cardio Strength (45 Min) | | |
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| 5:30 PM | Strength & Stamina (45 Min) | Boot Camp (45 Min) | Zumba (45 Min) | Cardio Kickboxing (45 Min) | |
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KSU Employee Fitness Center

Email: efc@kennesaw.edu

Phone: (470)578-6770

Visit our website: employeehealth.kennesaw.edu

Class times and instructor schedules are subject to change

