Employee Fitness Center
Group Fitness Schedule

November 23rd - December 11th

Class times and instructors are subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:15pm	All Levels Yoga *Deborah*	Vinyasa Yoga *Jane*		Vinyasa Yoga *Jane*	All Levels Yoga *Deborah*
5:30pm	Zumba *Alicia*	Boot Camp *Karen*	Cardio Crush *Alicia*	Cardio Kickboxing *Karen*	

All classes are 45 minutes.
No classes during the week of Thanksgiving (11/23-11/27)
*Vinyasa yoga on **December 3rd** is cancelled*

KENNESAW STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS
University Recreation