

EMPLOYEE GROUP FITNESS SCHEDULE

AUGUST 25TH - 29TH

CLASS FORMATS

Pilates

Cardio Kickboxing

Cycle+

Boot Camp

Strength and Stamina

Yoga (all levels)

Zumba

Vinyasa Yoga

Cardio Strength

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-------------------------------|-----------------------|--------------------------|----------------------------|--------------------------|
| 7:00 AM | | Pilates (45 Min) | | Cycle+ (45 Min) | |
| 12:15 PM | All Levels Yoga (45 Min) | Vinyasa Yoga (45 Min) | | Vinyasa Yoga (45 Min) | All Levels Yoga (45 Min) |
| 4:30 PM | Zumba (45 Min) | | Cardio Strength (45 Min) | | |
| 5:30 PM | Strength and Stamina (45 Min) | Boot Camp (45 Min) | Zumba (30 Min) | Cardio Kickboxing (45 Min) | |

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

