

EMPLOYEE GROUP FITNESS SCHEDULE

AUGUST 11 - 15, 2025

CLASS FORMATS

Pilates
Cardio Kickboxing
Cycle
Boot Camp
Strength and Stamina:
Yoga (all levels)
Zumba
Vinyasa Yoga

Time	Monday AUG 11	Tuesday AUG 12	Wednesday AUG 13	Thursday AUG 14	Friday AUG 15
7:00 AM		Pilates (45 Min)		Cycle (30 Min)	
12:15 PM	All Levels Yoga (45 Min)	Vinyasa yoga (45 Min)	Vinyasa Yoga (45 Min)		All Levels Yoga (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

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Visit our website: employeewellness.kennesaw.edu/

Class times and instructor schedules are subject to change

