



Group Fitness Schedule

May 19 - July 20

Monday	Tuesday	Wednesday	Thursday	Friday
Guts & Butts 9:00 am 30 min Studio 2-3 Becky	Yin Yoga 12:30 pm 60 min Studio 2-3 Cece	Vinyasa Yoga 7:00 am 60 min Studio 2-3 Danielle	Yin Yoga 12:30 pm 60 min Studio 2-3 Cece	Bootcamp 10:00 am 45 min Studio 2-3 Finn
Strength Circuits 12:00 pm 45 min Studio 2-3 Advin	Beginner Calisthenics 2:00 pm 45 min Studio 2-3 Ben	Bootcamp 8:00 am 45 min Outdoor Space Finn	Beginner Calisthenics 2:00 pm 45 min Studio 2-3 Ben	Strength Circuits 3:00 pm 45 min Studio 2-3 Finn
Zumba 6:00 pm 60 min Studio 2-3 Erica		Bootcamp 10:00 am 45 min Studio 2-3 Finn	Yin Yoga 3:00 pm 60 min RWC Studio Cece	Zumba 6:00 pm 60 min Studio 2-3 Erica
		Splash n' Dash 12:30 pm 30 min Outdoor Pool Cheryl		
		Strength Circuits 3:00 pm 45 min Studio 2-3 Finn		

Key

Kennesaw Campus

Marietta Campus

Class Descriptions



Fitness Orientations

