

Instructions on How to Join a Virtual Group Fitness Class

Step 1:

Go to <https://employeewellness.kennesaw.edu/fitness-center/group-fitness.php> to see the group fitness schedule.

Step 2:

Click “HERE” in order to open the group fitness schedule PDF.

Group Fitness Classes

Please view our updated Group Fitness Schedule, effective April 1, 2022

[HERE](#).

To view our schedule for In-Person Yoga Classes on the Marietta Campus, click [HERE](#).

* Just a friendly reminder to please bring your own Yoga/Stretch Mat

Group Fitness Class Descriptions

CARDIO & STRENGTH

Cardio Kickboxing



Step 3:

After opening the group fitness schedule PDF, click the desired link for the date of the specific class you would like to attend.



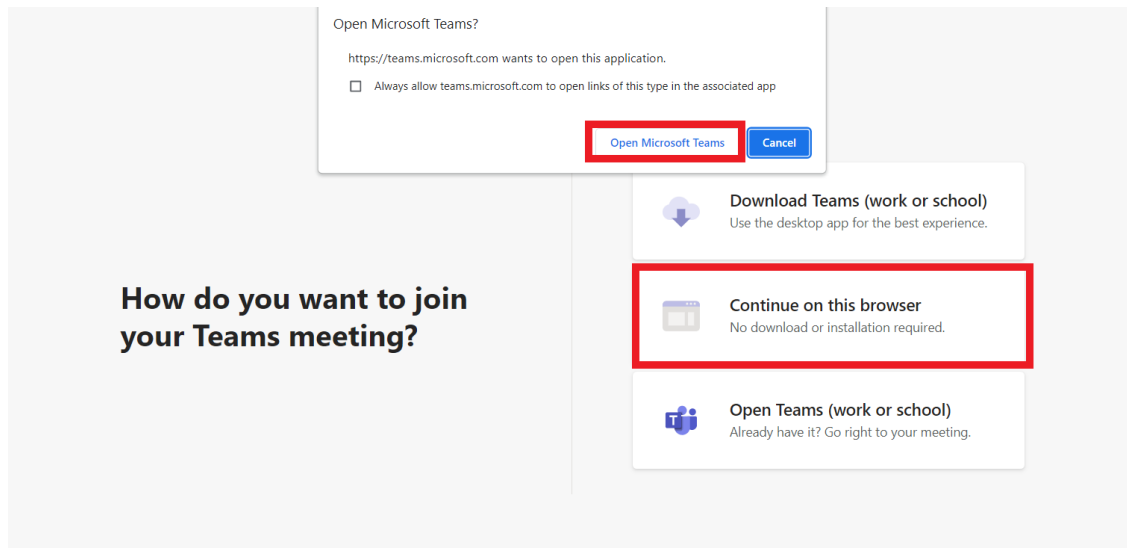
April Well-Being Events



Date:	Time:	Event Name:
Monday, April 4, 2022	11:30 am-12:10 pm	All Levels Yoga (Virtual/In-Person)
	5:30-6:15 pm	Strength and Stamina (In-Person)
Tuesday, April 5, 2022	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, April 6, 2022	6:00 pm—6:30 pm	Zumba (In-Person)
Thursday, April 7, 2022	5:30-6:15 pm	Cardio Kickboxing (In-Person)
Friday, April 8, 2022	11:30 am-12:10 am	Chair Yoga (Virtual)
Monday, April 11, 2022	11:30 am-12:10 pm	All Levels Yoga (Virtual/In-Person)
	5:30-6:15 pm	Strength and Stamina (In-Person)
Tuesday, April 12, 2022	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, April 13, 2022	10:00 am—10:15 am	Seated Office Stretch Break (Virtual)

Step 4:

After clicking the class link, you will be taken to the Microsoft Teams page. You can now choose whether you want to open the class on Teams or your web browser. If you wish to open the class on Microsoft Teams, click “Open Microsoft Teams.” If you wish to open on your web browser, click “Continue on this browser.”



Step 5:

After completing step 4, you will be taken to join the meeting page. Click “Join now.” Clicking join now will take you to the meeting. As soon as the instructor starts the meeting you will be able to see the instructor.

