



November 2024 Well-Being Events



Date	Time	Event w/ Link
Friday, November 1st	11:30 AM—12:15 PM	Chair Yoga (Virtual/In-Person)
Monday, November 4th	11:30 AM—12:15 PM	All Levels Yoga (Virtual/In-Person)
	5:30PM—6:15 PM	Strength and Stamina (In-Person)
Tuesday, November 5th	12:15 PM—12:45 PM	Lunch Time All Levels Power Yoga (In-Person)
	5:30 PM—6:15 PM	Boot Camp (In-Person)
Wednesday, November 6th	12:15 PM—1:00 PM	Lunch Time Yoga (In-Person)
	5:30 PM—6:00 PM	Zumba (In-Person)
Thursday, November 7th	5:30 PM—6:15 PM	Cardio Kickboxing (In-Person)
Friday, November 8th	11:30 AM—12:15 PM	Chair Yoga (Virtual/In-Person)
Monday, November 11th	11:30 AM—12:15 PM	All Levels Yoga (Virtual/In-Person)
	5:30PM—6:15 PM	Strength and Stamina (In-Person)
Tuesday, November 12th	12:15 PM—12:45 PM	Lunch Time All Levels Power Yoga (In-Person)
	5:30 PM—6:15 PM	Boot Camp (In-Person)
Wednesday, November 13th	11:30 AM—12:30 PM	Diabetes Program Info Session (In-Person: Bagwell 224)
	12:15 PM—1:00 PM	Lunch Time Yoga (In-Person)
	5:30 PM—6:00 PM	Zumba (In-Person)
Thursday, November 14th	5:30 PM—6:15 PM	Cardio Kickboxing (In-Person)
Friday, November 15th	11:30 AM—12:15 PM	Chair Yoga (Virtual/In-Person)
Monday, November 18th	11:30 AM—12:15 PM	All Levels Yoga (Virtual/In-Person)
	5:30PM—6:15 PM	Strength and Stamina (In-Person)
Tuesday, November 19th	11:30 AM—12:30 PM	Diabetes Program Info Session (In-Person: Bagwell 223)
	12:15 PM—12:45 PM	Lunch Time All Levels Power Yoga (In-Person)
	5:30 PM—6:15 PM	Boot Camp (In-Person)
Wednesday, November 20th	5:30 PM—6:00 PM	Zumba (In-Person)
Thursday, November 21st	12:00 PM—12:30 PM	Tips to Avoid Holiday Weight Gain (Virtual)
	12:15 PM—12:45 PM	Lunch Time Yoga (In-Person)
	5:30 PM—6:15 PM	Boot Camp (In-Person)
Friday, November 22nd	11:30 AM—12:15 PM	Chair Yoga (Virtual/In-Person)
Monday, November 25th	11:30 AM—12:15 PM	All Levels Yoga (Virtual/In-Person)
	5:30PM—6:15 PM	Strength and Stamina (In-Person)
Tuesday, November 26th	12:15 PM—12:45 PM	Lunch Time All Levels Power Yoga (In-Person)
	5:30 PM—6:15 PM	Boot Camp (In-Person)
Wednesday, November 27th	5:30 PM—6:00 PM	Zumba (In-Person)
Thursday, November 28th	EFC CLOSED	Thanksgiving Holiday
Friday, November 29th	EFC CLOSED	Thanksgiving Holiday



Thank you for joining us for our virtual events! Please be sure to review and acknowledge this [waiver](#) if this is your first time joining us. Most of the events are recorded and can be accessed by clicking on the attendee link after the event. Email efc@kennesaw.edu with any questions.

Event Descriptions:

Yoga (all levels):

Join us for simple flowing sequences to warm up the body, where postures are taught in a safe and supportive manner, incorporating the basic principles of alignment and breathing. Through the practice of yoga, flexibility, strength, balance and focus are developed. From this body and mental awareness, a healthy new lifestyle can be achieved. Each class will include a period of relaxation. No experience or flexibility required.

Strength and Stamina:

No equipment? No problem. This total body strength circuit includes a variety of classic bodyweight exercises to work your body from head to toes. Did we mention balance and core work is included? All fitness levels welcome with options to progress. Work up a sweat with us when you perform these strength bodyweight moves in a circuit.

Boot Camp:

Boot Camp is a total body, heart pumping, aerobic & strength conditioning workout. This class integrates a dynamic warm-up, full-body movements, and high intensity interval training in order to achieve a physiological effect called excess post-exercise oxygen consumption (EPOC). EPOC has been shown to burn calories long after workout is complete (up to 48 hours).

Zumba:

Build cardiovascular health, coordination, and balance by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.

Kickboxing:

Get a kick out of fitness! Aerobic exercise with boxing & traditional martial arts patterns provides constant low-centered movements to strengthen your muscles & give your heart a workout!

Chair Yoga: This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. This class helps increase flexibility, lung capacity, circulation, and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

Cycling:

Cycling combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout

Lunch Time All Levels Power Yoga:

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. Open to all experience levels and abilities.

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