



# Group Fitness Schedule

October 7 - November 24

## Monday

### Cycle Rush

7:15 am | 45 min  
Studio 1  
Nick

### Zumba

9:15 am | 60 min  
Studio 2-3  
Erica

### Strength Circuits

12:00 pm | 45 min  
Studio 2-3  
Marcus

### Yoga Fusion

12:00 pm | 60 min  
RWC Studio  
Venkatesh

### Fitness Foundations

2:00 pm | 60 min  
Studio 2-3  
Shelby

### Muay Thai

4:00 pm | 45 min  
RWC Studio  
Jack

### Hooty Hip-Hop

5:00 pm | 60 min  
Studio 2-3  
Sam

## Tuesday

### Vinyasa Yoga

8:00 am | 60 min  
Studio 2-3  
Nick

### Restorative Yin Yoga

12:00 pm | 45 min  
Studio 2-3  
Cece

### HIIT

1:00 pm | 60 min  
Studio 2-3  
Mikel

### Guts and Butts

4:00 pm | 30 min  
Studio 2-3  
Shelby

### Yoga Fusion

4:00 pm | 60 min  
RWC Studio  
Venkatesh

### Boxing

5:30 pm | 60 min  
RWC Studio  
Nate

### Zumba

6:00 pm | 45 min  
Studio 2-3  
Taylor

### Werk It!

8:30 pm | 60 min  
Studio 2-3  
Sadie

## Wednesday

### Cycle Rush

7:15 am | 45 min  
Studio 1  
Mikel

### Zumba

9:15 am | 60 min  
Studio 2-3  
Erica

### Power Pilates

1:00 pm | 45 min  
Studio 2-3  
Sam

### Aqua Zumba

3:00 pm | 45 min  
Indoor Pool  
Taylor

### Muay Thai

4:00 pm | 45 min  
RWC Studio  
Jack

### Boxing

5:30 pm | 60 min  
Studio 2-3  
Nate

### Hooty Hip-Hop

7:00 pm | 60 min  
Studio 2-3  
Taylor

## Thursday

### Vinyasa Yoga

8:00 am | 60 min  
Studio 2-3  
Nick

### Strength Circuits

12:00 pm | 45 min  
RWC Studio  
Marcus

### Restorative Yin Yoga

12:00 pm | 45 min  
Studio 2-3  
Cece

### Guts and Butts

4:00 pm | 30 min  
Studio 2-3  
Shelby

### Yoga Fusion

5:00 pm | 60 min  
RWC Studio  
Venkatesh

### Zumba

6:00 pm | 45 min  
Studio 2-3  
Taylor

### Werk It!

8:30 pm | 60 min  
Studio 2-3  
Sadie

## Friday

### Boxing

11:00 am | 60 min  
RWC Studio  
Mikel

### Muay Thai

3:00 pm | 45 min  
Studio 2-3  
Jack

### Boxing

6:00 pm | 60 min  
Studio 2-3  
Nate

## Saturday

### Zumba

10:15 am | 45 min  
Studio 2-3  
Erica

## Special Events

### YogaFit Lvl 1

Oct 26-27  
8 am - 6 pm  
Studio 2-3  
(registration required)

### Spooky Cycle

Nov 1 | 5 - 7 pm  
Studio 1

## Key

Kennesaw Campus

Marietta Campus

Instructional Series  
(registration required)

Virtual Class - (Registration required)

Pool Class - ends Nov 6

Class Descriptions



Virtual Registration

