

# JANUARY GROUP FITNESS

## JANUARY 25-29

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12:15 PM

Zoom Strength & Cond.- Mia

Zoom Low Impact ZUMBA- Val

Zoom Low Impact Body Sculpt- Allison

Zoom Strength & Cond.- Mia

4:15 PM

Zoom All Levels Yoga- Danya

Zoom ZUMBA- Val

Zoom ZUMBA- Val

5:15 PM

Zoom Body Sculpt- Allison

Zoom ZUMBA- Allison

Zoom ZUMBA- Allison

Zoom Line Dance- Jacque

Zoom HIIT- Mia

Zoom All Levels Yoga- Meg

Zoom All Levels Yoga- Danya

Zoom All Levels Yoga- Meg

6:15 PM

Zoom ZUMBA- Jacque

Zoom Barre- Layne

Zoom Barre- Layne

Zoom ZUMBA- Allison



Scan to access Zoom Codes

**CONTACT**

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Campus Recreation

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