2022 Group Fitness Schedule
August 29 – October 23

MONDAY
6:15am – 7:00am
Cycle
Kristal
Exercise Suite 1

7:15am – 8:00am
Strength & Recovery
Lanna
Exercise Suite 2

12:15pm – 1:00pm
Pilates
Lauren
Exercise Suite 2

12:15pm – 1:00pm
Bootcamp
Aubrie
Courtyard

5:15pm – 6:00pm
Kickboxing
Andrew
Multi Purpose Gym

5:15pm – 6:15pm
WoW+
Marlise
Exercise Suite 2

6:15pm – 7:00pm
Cardio Strength
Mathew
Exercise Suite 2

7:15pm – 8:00pm
Zumba
Val
Multi Purpose Gym

TUESDAY
7:15am – 8:00am
Vinyasa Yoga
Sakina
Wellness Suite

12:15pm – 1:00pm
Cycle
Cassie L.
Exercise Suite 1

12:15pm – 1:00pm
TRX
Angie R.
TRX

5:15pm – 6:00pm
Zumba
Hailey
Multi Purpose Gym

5:15pm – 6:00pm
HIIT
Matthew
Exercise Suite 2

6:15pm – 7:00pm
Kickboxing
Andrew
Multi Purpose Gym

6:15pm – 7:00pm
Cycle
Jodi
Exercise Suite 1

6:15pm – 7:15pm
WoW+
Allexxis
Exercise Suite 2

7:15pm – 8:00pm
Kickboxing
Charlyse
Multi Purpose Gym

7:15pm – 8:00pm
Cycle
Kristal
Exercise Suite 1

WEDNESDAY
7:15am – 8:00am
Beginner Yoga
Sakina
Wellness Suite

12:15pm – 1:00pm
Abs & More
Matthew
Multi Purpose Gym

12:15pm – 1:00pm
Cycle
Cassie P.
Exercise Suite 1

12:15pm – 1:00pm
TRX
Aubrie
TRX

5:15pm – 6:15pm
WoW+
Marlise
Exercise Suite 2

6:15pm – 7:00pm
Kickboxing
Andrew
Multi Purpose Gym

6:15pm – 7:00pm
Zumba
Hailey
Multi Purpose Gym

7:15pm – 8:00pm
Zumba
Val
Multi Purpose Gym

THURSDAY
7:15am – 8:00am
Vinyasa Yoga
Sakina
Wellness Suite

12:15pm – 1:00pm
Cycle
Cassie L.
Exercise Suite 1

12:15pm – 1:00pm
Pilates
Lauren
Exercise Suite 2

12:15pm – 1:00pm
TRX
Aubrie
TRX

5:15pm – 6:00pm
Kickboxing
Andrew
Multi Purpose Gym

5:15pm – 6:00pm
HIIT
Matthew
Exercise Suite 2

5:15pm – 6:15pm
WoW+
Marlise
Exercise Suite 2

6:15pm – 7:00pm
Cycle
Jodi
Exercise Suite 1

6:15pm – 7:15pm
Zumba
Hailey
Multi Purpose Gym

7:15pm – 8:00pm
Zumba
Val
Multi Purpose Gym

FRIDAY
7:15am – 8:00am
Strength & Recovery
Lanna
Exercise Suite 2

12:15pm – 1:00pm
Zumba
Val
Multi Purpose Gym

12:15pm – 1:00pm
TRX
Aubrie
TRX

12:15pm – 1:00pm
EMP Yoga
Melissa
Wellness Suite

12:15pm – 1:00pm
TRX
Aubrie
TRX

12:15pm – 1:00pm
Zumba
Val
Multi Purpose Gym

6:15pm – 7:00pm
Cycle
Jodi
Exercise Suite 1

SUNDAY
4:15pm – 5:00pm
Kickboxing
Mathew
Multi Purpose Gym

5:15pm – 6:00pm
Restorative Yoga
Sakina
Wellness Suite

12:15pm – 1:00pm
TRX
Aubrie
TRX

12:15pm – 1:00pm
WoW+
Marlise
Exercise Suite 2

12:15pm – 1:00pm
Zumba
Val
Multi Purpose Gym

6:15pm – 7:00pm
Cycle
Kristal
Exercise Suite 1

For more information contact us at Fitness@nau.edu or 928-523-1582

Register online!
recreation.nau.edu