

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 Court Yard
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+ Allexis 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
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 Angie R. TRX
5:15pm – 6:00pm	Kickboxing Charlyse Multi Purpose Gym
5:15pm – 6:00pm	HIIT Matthew Exercise Suite 2
5:15pm – 6:15pm	Intermediate/Adv Yoga Sofia Wellness Suite
6:15pm – 7:00pm	Kickboxing Andrew Multi Purpose Gym
6:15pm – 7:15pm	WoW+ Marlise Exercise Suite 2
7:15pm – 8:00pm	Zumba Hailey Multi Purpose Gym
7:15pm – 8:00pm	Cycle Kristal Exercise Suite 1

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
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

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

Register online!



recreation.nau.edu

- = Mind & Body
- = Strength/Conditioning
- = Cycle
- = Dance
- = FAC/Staff Only
- = Small Group