SUMMER 2023: JUNE 5 - 29

NAU CAMPUS RECREATION

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:15 - 1 PM				
MPG	**Dance Fitness** SIERRA		**Dance Fitness** SIERRA	
EX1		**Cycle** JODI		**Cycle** CASSIE P.
EX2		**Gentle Flow Yoga** BEKAH		**Gentle Flow Yoga** BEKAH
5:15 - 6 PM				
EX2	**HIIT** JESS	**Strength** MATHEW	**HIIT** JESS	**Strength** MATHEW

KEY

- Mind/Body
- Dance
- Cycle
- Cardio
- Strength

EX1 → Exercise Suite 1

EX2 → Exercise Suite 2

WS → Wellness Suite

TRX → TRX Corner

MPG → Multi Purpose Gym

ALL CLASSES REQUIRE ONLINE REGISTRATION

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