

GROUP FITNESS SCHEDULE

📍	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 AM				
EX1	HIIT The Bikes JESS/LANNA		HIIT The Bikes JESS/LANNA	
EX2	HIIT The Bikes JESS/LANNA		HIIT The Bikes JESS/LANNA	
7:15 AM				
WS		Vinyasa Yoga SAKINA		Vinyasa Yoga SAKINA
12:15 PM				
EX1		Cycle CASSIE P.		
EX2				HIIT EMMA
TRX		TRX ANGIE R.	TRX ANGIE R.	
MPG	Bootcamp MATHEW		HIIT MATHEW	
4:15 PM				
EX2	HIIT ELENA			
WS		Pilates EMILY		Pilates EMILY
TRX				HIIT ANASTASIA
5:15 PM				
EX1		Cycle JODI		
EX2	W+oW MARLISE 5:10 - 6:10 PM	Kickboxing MATHEW	W+oW MARLISE 5:10 - 6:10 PM	HIIT KRISLYN
WS	All Levels Yoga CHLOE		All Levels Yoga CHLOE	
MPG		Zumba HAILEY	Zumba HAILEY	Kickboxing CHARLYSE
6:15 PM				
EX1	Cycle KRISTAL		Cycle KRISTAL	
EX2	Yoga Sculpt AMELIA	W+oW MARLISE	Yoga Sculpt AMELIA	W+oW MARLISE
WS			Pilates EMILY	
MPG		Every-BODY Dance ANDREA	Kickboxing ANDREW	Every-BODY Dance ANDREA
7:15 PM				
WS				Yin Yoga ASHLEY
MPG	Dance Fitness KYLEE	Kickboxing CHARLYSE	Dance Fitness KYLEE	Zumba HAILEY

📍	FRIDAY	SUNDAY
12:15 PM		
EX1	Cycle CASSIE L.	
EX2	HIIT ELENA	
WS	Employee Yoga MELISSA 12 - 1 PM	
MPG	Kickboxing ANDREW	
4:15 PM		
WS	Gentle Flow Yoga REBEKAH	
5:15 PM		
EX1	Cycle JODI	
EX2	HIIT MATHEW	
WS		Yin Yoga ASHLEY

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

CLAIM YOUR SPOT
NOW → recreation.nau.edu

