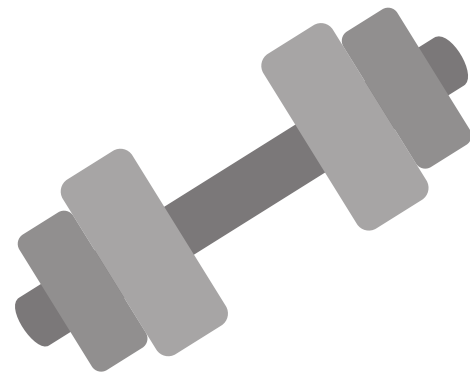


JULY 19 - AUGUST 13

MONDAY

12:15 PM
Strength & Cond.-Mia
(EXS1)

5:15 PM
ZUMBA-Val (Zoom)
Barre-Layne (EXS1)



TUESDAY

12:15 PM
HIIT- Mia (EXS1)
All Levels Yoga-Kolya (EXS2)

5:15 PM
Barre Fight-Layne (EXS1)
Women on Weights - Mia
(WR)

Indoor Locations:
EXS1-Exercise Suite1
EXS2-Exercise Suite 2
CRT- Courtyard
WR - Weight Room
MPG - Multipurpose
Gym
Lob - 1st floor Lobby

WEDNESDAY

12:15 PM
Sprint 8 Cycle -Mia (MPG)

5:15 PM
ZUMBA-Val (Zoom)
Barre-Layne (EXS1)
All Levels Yoga-Kolya (EXS2)



THURSDAY

12:15 PM
Bootcamp-Taylor (CRT)

5:15 PM
ZUMBA-Val (Zoom)
Group Run-Mia/Ciara (Lob)

Zoom Codes
ZUMBA
939 6949 3177
Zumba

Barre & Barre Fight
859 7450 6866
Barre

FRIDAY

12:15 PM
ZUMBA-Val (Zoom)
TRX-Mia (CRT)
Sprint 8-Taylor (ATC)



CONTACT

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Campus Recreation

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