2015 Fall Group Fitness Schedule

All classes are FREE for NAU Students and Rec Center members.

Location key:

EXS#1: Exercise Suite #1         TRX: TRX Corner
EXS#2: Exercise Suite #2         MPG: Multipurpose Gym
CT: Cardio Theater              WAC: Wall Aquatic Center pool

Class descriptions can be found online at nau.edu/fitness.

For additional information contact fitness@nau.edu.

MONDAY

- CT 6:15 a.m. Cycle, Morning Ride (45) Scott
- TRX 12p.m. EMP ONLY TRX (50) Colten
- EXS#2 12 p.m. Step ‘n’ Sculpt (50) Tracie
- MPG 12 p.m. Boxing (50) Sidney
- M P G C T 5:15 p.m. Cycle (45) Sammie
- EXS#2 5:15 p.m. Step ‘n’ Sculpt (50) Paige
- TRX 5:15 p.m. Tabata ‘n’ Core (45) Kayleen
- EXS#1 6:15 p.m. Bootcamp (50) Alec
- CT 6:15 p.m. Hip Hop Cardio (50) Jasmine
- EXS#2 6:30 p.m. Total Body Sculpt (50) Shannon
- TRX 6:30 p.m. TRX ‘n’ Core (50) Gunnar
- EXS#1 7:15 p.m. All Levels Yoga (55) Devin

TUESDAY

- TRX 6:15 a.m. TRX (60) Luke
- EXS#2 7:10 a.m. Bootcamp (50) Alec
- TRX 12 p.m. TRX Strength (50) Colten
- EXS#1 12 p.m. EMP ONLY Yoga (50) Melissa
- CT 12 p.m. Treadmill Interval (50) Chesi
- MPG 12 p.m. Total Body Sculpt (50) Kayleen
- MPG 5:15 p.m. Boxing Conditioning (55) Jimmy
- EXS#2 5:15 p.m. HIIT ‘n’ Core (50) Sidney
EXS#1 5:15 p.m. Kickboxing ‘n’ Sculpt (50) Shannon
WAC 5:15 p.m. Aqua Bootcamp (45) Aspin
EXS#1 6:15 p.m. Gentle Yoga Flow (50) Marlee
MPG 6:15 p.m. Zumba (60) Emma
EXS#2 6:15 p.m. Bootcamp (50) Alyson
TRX 6:30 p.m. TRX ‘n’ Core (50) Euston
EXS#2 7:15 p.m. Total Body Sculpt (50) Paige
EXS#1 7:15 p.m. Latin Dance (50) Reyna & Alyosha

WEDNESDAY
- TRX 6:15 a.m. TRX ‘n’ Core (60) Colten
- EXS#2 12 p.m. EMP ONLY Tabata ‘n’ Core (45) Chesi
- TRX 12 p.m. TRX (50) Euston
- MPG 12 p.m. Step ‘n’ Sculpt (50) Tracie
- MPG 4:15 p.m. Bootcamp (40) Sammie
- MPG 5:15 p.m. Circuit Strength (50) Meghan
- EXS#2 5:15 p.m. Self Defense (55) Jimmy
- EXS#1 5:15 p.m. Gentle Flow Yoga (45) Katie
- EXS#1 6:15 p.m. Gentle Flow Yoga (75) Devin
- CT 6:15 p.m. Cycle (50) Gunnar
- EXS#2 6:15 p.m. Abs ‘n’ Stretch (30) James
- MPG 7:15 p.m. Zumba (60) Erica & Reyna

THURSDAY
- EXS#1 6:15 a.m. Body Sculpt (45) Reyna
- TRX 12 p.m. EMP ONLY Cardio Cond. (45) Kayleen
- EXS#2 12 p.m. Gentle Flow Yoga (50) Katie
- MPG 4:15 p.m. Bootcamp (45) Alyson
- MPG 5:15 p.m. Tabata (60) Kayleen
- EXS#2 5:15 p.m. Total Body Sculpt (45) Trent
- EXS#1 6:15 p.m. Vinyasa Yoga Flow (50) Skya
- MPG 6:15 p.m. Cardio Kickboxing (45) Raine
- EXS#2 6:15 p.m. Abs ‘n’ Stretch (40) Kayleen
- TRX 6:30 p.m. TRX ‘n’ Core (50) Gunnar
- EXS#2 7:15 p.m. Tabata ‘n’ Core (50) Chesi
- EXS#1 7:15 Pilates (50) Raine
FRIDAY

- TRX 6:15 a.m. Advanced TRX (60) Luke
- TRX 12 p.m. TRX (50) Euston
- EXS#1 12 p.m. EMP ONLY Restorative Yoga (60) Devin
- EXS#2 12 p.m. Hardcore Abs (30) Raine
- CT 2 12 p.m. Cycle (50) Trent