

# NAU REC CENTER GROUP EXERCISE SCHEDULE NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	ULTIMATE CONDITIONING (6:50-7:50am) Ashley K.		ULTIMATE CONDITIONING (6:50-7:50am) Ashley K.		ULTIMATE CONDITIONING (7:00-7:50am) Ashley K.	
8:00	ABS & MORE (50 min) Liz	PILATES (50 min) Kelly	ABS & MORE (50 min) Liz	PILATES (50 min) Kelly		
9:00		BODY SCULPT (50 min) Tarryn		BODY SCULPT (50 min) Tarryn	<b>All Group Exercise Info Can Be Found On The Web</b> <a href="http://home.nau.edu/recreation/gpexschedule.as">http://home.nau.edu/recreation/gpexschedule.as</a>	
9:10	ZUMBA (50 min) Ashley N.		ZUMBA (50 min) Ashley N.			
10:00		YOGA (90 min) Kirsten		YOGA (90 min) Kirsten		
10:20	AEROBICS (50 min) Amy		AEROBICS (50 min) Amy		<b>Are you bored of working out??? Try our Small Group Trainings- only \$35 for 7 sessions</b> <b>Tues &amp; Thurs 6pm-7pm *sign up at front desk</b>	
11:30	AB LAB (30 min) Alex		AB LAB (30 min) Emily			
12:00	TRED & SHED (30 min) Alex		TRED & SHED (30 min) Alex			
12:10	NOONTIME STEP (40 min) Tracie	PILATES (50 min) Amy	NOONTIME STEP (40 min) Tracie	PILATES (50 min) Amy	NOONTIME STEP (40 min) Tracie	
1:00	JAZZERCISE (60 min) Kristina		JAZZERCISE (60 min) Kristina		CARDIO SCULPT (60 min) Stephanie	FITNESS FUSION (60 min) Rotating Instructors!
1:10		PILATES (50 min) Danielle		PILATES (50 min) Danielle		<b>All Group Exercise classes are held in the Kaibab Room</b>
2:00					DANCE FUNDAMENTALS (60 min) Brianna	
3:00	KICKBOXING (50 min) Liz		KICKBOXING (50 min) Liz		<b>FRESHMAN: CHECK OUT THE ROTATING CLASS FORMATS DESIGNED JUST FOR YOU, EVERY WED 6-7PM</b>	
3:30		GROUP FIT (90 min) Amy		GROUP FIT (90 min) Amy		
4:00	CARDIO SCULPT (30 min) Alexis		JAZZERCISE (60 min) Kristina		<b>Class Schedule Color Key</b>	
4:30	AB LAB (30 min) Alexis					
5:00		TRED & SHED (30 min) Melissa & Joe		TRED & SHED (30 min) Melissa & Joe		Treadmill classes
5:00	STEP & SCULPT (60 min) Erica	STEP & SCULPT (50 min) Liz	PILATES (60 min) Kelly	STEP & SCULPT (60 min) Brianna		PES 100 classes
5:30	AQUA SCULPT (60 min)	AQUA SCULPT (60 min) Kelly	AQUA SCULPT (60 min) Kendahl	CARDIO & CORE (60 min) Kendahl		core classes
6:00	PILATES (60 min) Emery	ALL LEVELS YOGA (60 min) Kirsten	FRESHMAN RE-MIX Rotating Instructors	ALL LEVELS YOGA (60 min) Kirsten	ZUMBA (60 min) Rotating Instructors!	cardio classes
7:00	ZUMBA (60 min) Ashley N. & Danielle	ZUMBA EXPRESS (30 min) Linzi	ZUMBA (60 min) Emily & Jess	KICKBOXING (60 min) Erica	PI-YO (60 min) Tarryn	mind/body classes
7:30		PILATES EXPRESS (30 min) Linzi				cardio & weights mix
8:00	ALL LEVELS YOGA (60 min) Tarryn		CARDIO SCULPT (60 min) Stephanie	ZUMBA (60 min) Danielle		dance classes
9:00	CARDIO SCULPT (60 min) Stephanie		HIP HOP (60 min) Emily & Jess			aqua fit classes
9:30						Rotating Class Formats
						Freshman Only Classes





