### FALL GROUP FITNESS SCHEDULE

**Revised Date: September 22, 2015**

#### MONDAY
- **6:15 a.m.** Cycle, Morning Ride (45) Scott
- **6:15 a.m.** TRX 'n' Core (60) Luke
- **7:10 a.m.** Bootcamp (50) Alec
- **7:10 a.m.** HIIT 'n' Core (50) Sidney
- **7:15 a.m.** All Levels Yoga (55) Devin
- **7:15 a.m.** Advanced TRX (60) Luke
- **7:30 a.m.** Total Body Sculpt (50) Paige
- **7:30 a.m.** TRX 'n' Core (50) Euston
- **7:30 a.m.** Latin Dance (50) Reyana & Alyosha

#### TUESDAY
- **6:00 a.m.** Cycle, Morning (45) Scott
- **6:15 a.m.** TRX (60) Luke
- **7:10 a.m.** Bootcamp (50) Alec
- **7:10 a.m.** HIIT 'n' Core (50) Sidney
- **7:15 a.m.** All Levels Yoga (55) Devin
- **7:15 a.m.** Advanced TRX (60) Luke
- **7:30 a.m.** Total Body Sculpt (50) Paige
- **7:30 a.m.** TRX 'n' Core (50) Euston
- **7:30 a.m.** Latin Dance (50) Reyana & Alyosha

#### WEDNESDAY
- **6:00 a.m.** Cycle, Morning (45) Scott
- **6:15 a.m.** TRX (60) Luke
- **7:10 a.m.** Bootcamp (50) Alec
- **7:10 a.m.** HIIT 'n' Core (50) Sidney
- **7:15 a.m.** All Levels Yoga (55) Devin
- **7:15 a.m.** Advanced TRX (60) Luke
- **7:30 a.m.** Total Body Sculpt (50) Paige
- **7:30 a.m.** TRX 'n' Core (50) Euston
- **7:30 a.m.** Latin Dance (50) Reyana & Alyosha

#### THURSDAY
- **6:00 a.m.** Cycle, Morning (45) Scott
- **6:15 a.m.** TRX (60) Luke
- **7:10 a.m.** Bootcamp (50) Alec
- **7:10 a.m.** HIIT 'n' Core (50) Sidney
- **7:15 a.m.** All Levels Yoga (55) Devin
- **7:15 a.m.** Advanced TRX (60) Luke
- **7:30 a.m.** Total Body Sculpt (50) Paige
- **7:30 a.m.** TRX 'n' Core (50) Euston
- **7:30 a.m.** Latin Dance (50) Reyana & Alyosha

#### FRIDAY
- **6:15 a.m.** Advanced TRX (60) Luke
- **6:30 a.m.** Total Body Sculpt (50) Paige
- **7:15 a.m.** Latin Dance (50) Reyana & Alyosha

---

All classes are FREE for NAU Students & Rec Center Members

Class descriptions can be found online nau.edu/fitness

For additional information contact fitness@nau.edu