# NORTHWESTERN UNIVERSITY RECREATION GROUP EXERCISE SCHEDULE

**WINTER BREAK | December 4 – January 7**

### MONDAY

- **HIIT** 6:15 - 6:45 a.m.  
  Studio 1AB | Debbie

- **Core Conditioning** 6:45 - 7:15 a.m.  
  Studio 1AB | Debbie

- **Aqua Fitness** 8:30 - 9:30 a.m.  
  Pool | Judy

- **Vinyasa Flow** Noon - 1:00 p.m.  
  Studio 2 | Jenny

- **HIIT** Noon - 12:30 p.m.  
  Studio 1AB | Rachelle

- **BODYPUMP™** 12:30 - 1:00 p.m.  
  Studio 1AB | Rachelle

- **Pilates Barre Workout** 5:30 - 6:30 p.m.  
  Studio 2 | Sandy

- **Zumba** 5:30 - 6:30 p.m.  
  Studio 1A | David / Cathy

- **Power Yoga** 7:00 - 8:00 p.m.  
  Studio 2 | Mallory

### TUESDAY

- **Cycle Express** 6:10 - 6:50 a.m.  
  Spin Studio | Joanna

- **Sunrise Yoga** 7:00 - 8:00 a.m.  
  Studio 2 | Donna

- **Zumba Gold** 8:30 - 9:00 a.m.  
  Studio 1AB | Suzy

- **Strength & Stretch** 9:00 - 9:30 a.m.  
  Studio 1AB | Suzy

- **Hatha Yoga** Noon - 1:00 p.m.  
  Studio 2 | Tabitha

- **Ashtanga Yoga** 5:30 - 6:30 p.m.  
  Studio 2 | Mallory

- **BODYPUMP™** 5:30 - 6:30 p.m.  
  Studio 1AB | Lis

### WEDNESDAY

- **BODYPUMP™** 6:15 - 7:15 a.m.  
  Studio 1A | Martin

- **Total Body Workout** 7:00 - 8:00 a.m.  
  Studio 1B | Maureen

- **Aqua Fitness** 8:30 - 9:30 a.m.  
  Pool | Maureen

- **Vinyasa Flow** Noon - 1:00 p.m.  
  Studio 2 | Donna

- **Hatha Yoga** Noon - 1:00 p.m.  
  Studio 1AB | Suzy

- **Cycle Express** 12:10 - 12:50 p.m.  
  Spin Studio | Vladimir

- **BODYPUMP™** 5:30 - 6:30 p.m.  
  Studio 1AB | Paul

### THURSDAY

- **Cycle Express** 6:10 - 6:50 a.m.  
  Spin Studio | Debbie

- **Sunrise Yoga** 7:00 - 8:00 a.m.  
  Studio 2 | Donna

- **Zumba Gold** 8:30 - 9:00 a.m.  
  Studio 1AB | Pierre

- **Strength & Stretch** 9:00 - 9:30 a.m.  
  Studio 1AB | Pierre

- **Vinyasa Flow** Noon - 1:00 p.m.  
  Studio 2 | Donna

- **BODYPUMP™** Noon - 1:00 p.m.  
  Studio 1AB | Paul

- **Cycle Express** 8:15 - 9:15 a.m.  
  Spin Studio | Tina Marie

- **Yoga Basics** 9:30 - 10:30 a.m.  
  Studio 2 | Donna

### FRIDAY

- **Aqua Fitness** 8:30 - 9:30 a.m.  
  Pool | Maureen

- **HIIT** Noon - 12:30 p.m.  
  Studio 1AB | Vladimir

- **Power Yoga** Noon - 1:00 p.m.  
  Studio 2 | John

- **Core Conditioning** 12:30 - 1:00 p.m.  
  Studio 1AB | Vladimir

### SATURDAY

- **Cycle Challenge** 8:15 - 9:15 a.m.  
  Spin Studio | Tina Marie

- **Yoga Basics** 9:30 - 10:30 a.m.  
  Studio 2 | Donna

- **BODYPUMP™** 9:30 - 10:30 a.m.  
  Studio 1AB | Paul

- **Vinyasa Flow** 11:00 a.m. - Noon  
  Studio 2 | John

### SUNDAY

- **Yoga Basics** 11:00 a.m. - Noon  
  Studio 2 | Goshia / Julie R.