

NDSU

WELLNESS CENTER

# GROUPFIT

SPRING 2023 • JANUARY 9 - MAY 5

GroupFIT classes are FREE for all students and members!

OPT-IN TO THE NOTIFICATION GROUP ON OUR APP TO GET SCHEDULE UPDATES THROUGHOUT THE SEMESTER!

• cycle • studio • aquatics

MON	TUE	WED	THUR	FRI	SAT
<p><b>YOGA SCULPT</b> 12:10 p.m. /50 min. Studio B Sara</p> <p><b>CYCLE 45</b> 5:30 p.m. /45 min. Cycling Studio Kelly</p> <p><b>ZUMBA</b> 6:30 p.m. /50 min. Studio B Kasey</p> <p><b>CANDLELIGHT YOGA</b> 8:00 p.m. /50 min. Studio B Charli</p>	<p><b>FULL BODY STRENGTH</b> 12:10 p.m. /35 min. Studio B Kelly</p> <p><b>GENTLE YOGA</b> 4:30 p.m. /50 min. Studio B Paula</p> <p><b>XA BEAT</b> 5:30 p.m. /50 min. Studio B Clare</p> <p><b>TKO BOXING</b> 7:00 p.m. /60 min. Studio B Keko</p>	<p><b>CYCLE 45</b> 6:30 a.m. /45 min. Cycling Studio Kelly</p> <p><b>STRONG</b> 6:30 p.m. /50 min. Studio B Kasey</p> <p><b>BOGAFIT</b> 8:00 p.m. /60 min. Lap Pool Alden</p>	<p><b>SUNRISE YOGA</b> 7:00 a.m. /45 min. Studio B Charli</p> <p><b>CIRCUIT-HIIT</b> 12:10 p.m. /30 min. Studio B Alvaro</p> <p><b>XA BEAT</b> 5:30 p.m. /50 min. Studio B AJ</p> <p><b>TKO BOXING</b> 7:00 p.m. /60 min. Studio B Keko</p>	<p><b>BARRE</b> 12:10 p.m. /50 min. Studio B Sara</p>	<p><b>XA BEAT</b> 9:00 a.m. /50 min. Studio B Clare</p>
					SUN
					<p><b>CANDLELIGHT YOGA</b> 8:00 p.m. /50 min. Studio B Charli</p>
					<p><b>NO CLASSES</b></p> <p>MLK Day - 1/16</p> <p>Presidents Day - 2/20</p> <p>Spring Break - 3/13-3/17</p> <p>Spring Recess - 4/6-4/10</p> <p>Finals Week - 5/6-5/10 MODIFIED SCHEDULE</p>

\*Schedule is subject to change

\*Open to all fitness levels

**NDSU.EDU/WELLNESS/FITNESS**  
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# GROUPFIT CLASS DESCRIPTIONS

## STUDIO

**Barre:** Barre fitness combines exercises inspired by ballet, pilates, dance, yoga and strength training. You will work on improving your posture, muscular strength, flexibility and confidence using a ballet bar, light weights and body weight. Each movement can be modified to match your unique skill and strength level.

**Candlelight Yoga:** Flow in the gentle glow of candlelight! This all-level class is designed to help you relax and decrease stress.

**Circuit-HIIT:** Effectively and efficiently work your full body in this 30-minute strength class. This class uses body weight, dumbbells, and resistance bands.

**Full Body Strength:** Don't have time for a full hour workout at the gym? Work every muscle group in 35 minutes in this progressive strength training class – think exercises such as rows, shoulder press, lunges, squats, and other bodyweight or weighted strength exercises.

**Gentle Yoga:** This practice is performed at a slower pace, with less intense positions, and includes extended time for meditation, breath work, and relaxation.

**STRONG™:** STRONG is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to upbeat music.

**Sunrise Yoga:** Start your day with stillness, clarity, and peace of mind and body during Sunrise Yoga. Similar to our all-levels yoga, this class welcomes those new and experienced.

**TKO Boxing:** Get ready to PUNCH it and SWEAT it out with TKO Boxing! This class combines the foundations of Boxing and Muay Thai with High Interval Training and ab exercises for a great cardio and muscular endurance workout. Once you finish this fun, 45-minute class, every muscle in your body will feel stronger and more toned!

**Xa Beat™** XaBeat is a dance-fitness class that uses hit music to provide high-intensity cardio and toning in a party-like atmosphere. The routines are fast-paced, but easy-to-follow, so you can get a great workout while having fun! No dance experience necessary—perfect for all fitness levels.

**Yoga Sculpt:** Yoga Sculpt combines traditional yoga poses with hand weights and short bursts of cardio work to create a transformational workout designed to sculpt, lengthen, and challenge every muscle. Flow to the beat of the music and enjoy a great workout.

**Zumba™:** Zumba uses upbeat music and easy-to-follow moves to create a one-of-a kind fitness experience that will keep you moving! Get a great workout while having fun in 50 minutes of calorie-burning, energizing, and toning moves.

## CYCLE

**Cycle 45:** This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for you. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

## AQUATIC

**BOGAFIT:** Head to the pool for this yoga and high intensity interval training based class that uses a floating yoga mat as the surface for your workout. BOGAFIT focuses on strengthening core muscle groups and improving balance and coordination. Your on-deck instructor will challenge and motivate you through a fun series of exercises on your floating yoga mat. Be prepared to complete some exercises in the water!

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