

NDSU

WELLNESS CENTER

GROUPFIT

SPRING 2024 • JANUARY 8 - MAY 3

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

YOGA SCULPT
12:10 p.m. /50 min.
Studio B
Sara

CYCLE 45
5:30 p.m. /45 min.
Cycling Studio
Paige

ZUMBA
6:30 p.m. /50 min.
Studio B
Kasey

TUE

CYCLE 30
7:00 a.m. /30 min.
Cycling Studio
Abby

HIIT-STRENGTH
4:30 p.m. /45 min.
Studio B
Paige

XA BEAT
5:30 p.m. /50 min.
Studio B
Clare

LET'S DANCE
6:30 p.m. /50 min.
Studio B
London

WED

SUNRISE YOGA
7:00 a.m. /45 min.
Studio B
Brock

ZUMBA
5:30 p.m. /50 min.
Studio B
Jude

STRONG BY ZUMBA
6:30 p.m. /50 min.
Studio B
Kasey

BOGAFIT
7:00 p.m. /60 min.
Lap Pool
Abby

THUR

SUNRISE YOGA
7:00 a.m. /45 min.
Studio B
Brock

CIRCUIT-HIIT
12:10 p.m. /30 min.
Studio B
Alvaro

XA BEAT
5:30 p.m. /50 min.
Studio B
AJ

CYCLE 45
6:30 p.m. /45 min.
Cycling Studio
Christen

BARRE
7:30 p.m. /30 min.
Studio B
London

FRI

BARRE
12:10 p.m. /50 min.
Studio B
Sara

SAT

XA BEAT
9:00 a.m. /50 min.
Studio B
AJ

SUN

ZUMBA
6:30 p.m. /50 min.
Studio B
Jude

NO CLASSES

MLK Day - 1/15

Presidents' Day - 2/19

Spring Break - 3/4-3/8

Spring Recess- 3/28-4/1

Finals Week - 5/6-5/10
MODIFIED SCHEDULE

*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.

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

HIIT Strength: (High Intensity Interval Training) is a full body workout. This class follows an interval training sequence with moderate to high intensity exercises. Use light weight or body weight to build strength and improve cardiovascular endurance and be ready to sweat!

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

Let's Dance: Let's Dance is a fitness class built into a dance party. With trending music, this class will get you sweating with the follow-along moves. This dance-based cardio workout is perfect for all fitness levels--no dance experience is needed.

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.

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 30/45: 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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