

NDSU

WELLNESS CENTER

GROUPFIT

FALL 2021 • AUGUST 23 - DECEMBER 12

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 •aquatic

MON

YOGA SCULPT
12:00 p.m. /50 min.
Studio B

ZUMBA
6:00 p.m. /50 min.
Studio B

TUE

HIIT
12:00 p.m. /45 min.
Studio B

TOTAL BODY STRENGTH
4:00 p.m. /45 min.
Studio B

CYCLE 45
5:00 p.m. /45 min
Cycle Studio

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

WED

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

BARRE
12:00 p.m. /50 min.
Studio B

CYCLE 45
5:00 p.m. /45 min
Cycle Studio

STRONG
6:00 p.m. /45 min.
Studio B

BOGAFIT
6:00 p.m. /50 min.
Lap Pool

THUR

YOGA SCULPT
6:00 p.m. /50 min.
Studio B

SAT

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

SUN

BOGAFIT
8:00 p.m. /50 min.
Lap Pool

NO CLASSES

Labor Day
Weekend- 9/5 - 9/6

Veterans
Day- 11/11

Thanksgiving
Break- 11/24-11/28

Finals
Week- 12/13-12/18
MODIFIED SCHEDULE

*Schedule is subject to change

*Open to all fitness levels

NDSU.EDU/WELLNESS/FITNESS

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NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708 for more information.

GROUPFIT CLASS DESCRIPTIONS

STUDIO

Barre This class combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Whether you're looking to build strength, create muscle definition or increase flexibility, Barre fitness is a fast, effective way to change your body.

HIIT: HIIT is a high intensity, interval workout that combines full-body resistance training with rushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout.

Strong: Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Total Body Strength: Work all muscle groups with a variety of strengthening exercises. This athletic-based sculpting class tone upper and lower body, while improving your cardiovascular ability.

XA Beat™ This dance-fitness class uses popular American music to provide high-intensity cardio and toning in a party-like atmosphere. Routines are easy to follow so you can concentrate on getting a great workout; perfect for all fitness levels.

Yoga: All of our yoga classes will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, twists, backwards and forward bends, salutations and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques.

Yoga Sculpt Combine 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.

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

CYCLE

Cycle 45: Motivating music will help you tackle rolling hills, sprints, jumps and intervals on our stationary bikes. This cycling class pushes you to your limits to help accomplish your fitness goals.

AQUATIC

BOGAFIT: Head to the pool for this yoga and HIIT based class that uses a BogaFITMAT as the surface for your workout. BOGAFIT focuses on core muscle groups and improving balance and coordination. While this class will challenge even the most fit individuals, it was designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience.