

NDSU

WELLNESS CENTER

GROUPFIT

SPRING 2022 • JANUARY 10 - MAY 8

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

TOTAL BODY STRENGTH

6:45 a.m./45 min.
Studio B
Maggie

YOGA SCULPT

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

ZUMBA

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

TUE

XA BEAT

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

TKO BOXING

7:00 p.m./45 min.
Studio B
Keko

WED

HATHA YOGA

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

BARRE

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

CYCLE 45

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

STRONG BY ZUMBA

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

BOGAFIT

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

THUR

VINYASA YOGA

12:00 p.m./60 min.
Studio B
Jim

YOGA SCULPT

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

TKO BOXING

7:00 p.m./45 min.
Studio B
Keko

FRI

LAP SWIM WORKOUT

12:00 p.m./45 min.
Lap Pool
Ryan

TOTAL BODY STRENGTH

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

SAT

XA BEAT

9:00 a.m./50 min.
Studio B
Clare

SUN

BOGAFIT

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

NO CLASSES

Presidents Day

Weekend - 2/19 - 2/21

Spring

Break - 3/12-3/18

Spring

Recess - 4/15 - 4/18

Finals

Week - 5/9 - 5/13

MODIFIED SCHEDULE

*Schedule is subject to change

*Open to all fitness levels

[NDSU.EDU/WELLNESS/FITNESS](https://nds.edu/wellness/fitness)

CONTACT: Jenna.Eckstein@nds.edu – 701-231-7360

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.

Hatha Yoga: In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers.

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

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!

Total Body Strength: This full body workout will work all major muscle groups with a high rep and medium to low resistance approach. This class will include traditional strength exercises such as squats, deadlifts, chest press, push ups and planks using body weight, dumbbells, barbells and resistance bands. Class changes every 6-8 weeks to keep you progressing

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.

Vinyasa Yoga: Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind. As you flow in your Yoga practice, you learn to ride the waves of change in your life with more ease. This class moves from pose to pose with each held for five to eight breaths. Expect a fully balanced class of forward bending, twists, backbends, and sun salutations. All levels are welcome to join this vigorous practice in finding one's state of flow!

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!

Lap Swim Workout: Hop in the lap pool for a workout that will improve your fitness level. Our on-deck coach will provide instruction and motivation throughout class. This class is perfect for recreational and competitive swimmers alike. *Prior swimming experience necessary. Must be able to swim front crawl 25 yards without stopping*. *Swim goggles recommended*.