

# GROUPFIT

FALL 2021 • DECEMBER 13-15

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!

•studio •aquatic

MON	TUE	WED
ZUMBA 6:00 p.m./50 min. Studio B Kasey	YOGA 12:00 p.m./45 min. Studio B Jenna	YOGA 7:00 a.m./45 min. Studio B Kimberly

  

MON	TUE	WED
X A BEAT 5:30 p.m./50 min. Studio B Clare	TOTAL BODY STRENGTH 4:00 p.m./45 min. Studio B Megan	BARRE 12:00 p.m./50 min. Studio B Sara

  

MON	TUE	WED
YOGA SCULPT 6:30 p.m./50 min. Studio B Sara	X A BEAT 5:30 p.m./50 min. Studio B Clare	STRONG 6:00 p.m./45 min. Studio B Kasey

  

MON	TUE	WED
ZUMBA 6:00 p.m./50 min. Studio B Kasey	YOGA SCULPT 6:30 p.m./50 min. Studio B Sara	BOGAFIT 6:00 p.m./50 min. Lap Pool Alaina

\*Schedule is subject to change

\*Open to all fitness levels

**NDSU.EDU/WELLNESS/FITNESS**  
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# 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.

**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 excercises. Once you finish this fun, 45-minute class, you will feel stronger and toned in every muscle in your body!

## 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.