CARDIO
Energy Cycle Motivating music will help you tackle hills, sprints, jumps and intervals on the bikes. Get pushed to your limit and accomplish your goals in this energetic cycling class.
Rise and Ride Join the early birds for a morning ride! This class is for cyclers who prefer their workouts in the morning before starting the day.

STRENGTH
Strength & Conditioning Learn the basic principles of proper form and intensity while increasing your muscular strength and endurance. This class ensures a total body workout by incorporating muscle conditioning, athletic drills and cardiovascular work.

AQUATICS
Hydro Power This invigorating class is held in the leisure pool and works to improve your cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water, giving you a safe, effective and fun workout.
Swim Strong This class offers a great lap swim workout for participants to improve their fitness level, technique and stroke. An on deck coach provides instruction and motivation for each class and varying workouts for all skill levels.*Goggles recommended

COMBO
HIIT High intensity interval training includes cardio and strength focused moves. Timed intervals of work to rest are the focus with a circuit format. Lose weight and strengthen your body!
Cycle Boot Camp This cycle class incorporates steep climbs, rolling hills, sprints and flat land challenges designed to push you to high performance. This class will also take you off the bike to perform body weight exercises for a full body workout.

MIND & BODY
Vinyasa Flow Yoga An energetic yoga class that uses a flowing series of postures to create heat within the body as you increase strength, flexibility, endurance and balance. Vinyasa flow is good for new students who are physically active and those interested in the fitness benefits of yoga.
Power Yoga This powerful Vinyasa flow will utilize movements and poses focused on strengthening the whole body. Get ready to work hard and sweat!
PiYo™ PiYo combines the muscle sculpting and core firming benefits of Pilates with the strength and flexibility advantages of yoga. The pace gets increased to deliver a fat-burning, low impact workout that leaves the body long, lean and defined.
Yoga Sculpt An open level sculpt class for those who want to get moving with an energetic blend of yoga providing strength, flexibility and peace of mind.

DANCE FITNESS
Zumba™ Ditch the workout and join the party! This class fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will get you moving. Get long term benefits while having an exciting workout in one hour of calorie burning, body energizing and awe inspiring movements.

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