GROUPFIT CLASS DESCRIPTIONS

CARDIO
Rise & Ride Get up and get to work! This class will wake you up with 45 minutes of cycle to start the day.
Cycle 45 For spinners with limited time! The name says it all; 45 minutes of cycle that will push you to your core.

STRENGTH
Kinesis Sculpt This 30-minute class uses unique Kinesis conditioning equipment. Workout focuses on balance, strength and flexibility on and off the Kinesis equipment, providing a variety of exercises targeting the whole body.
Hard-Core Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing flexibility. Includes a variety of equipment.

AQUATICS
Hydro Power This invigorating class is held in the leisure pool and works to improve your cardio conditioning, muscular strength and endurance. You’ll use the buoyancy and resistance of the water, providing 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
BogaFIT Take your regular workout to the next level with BogaFit! This is a water-based class that uses a BogaBoard© as the surface for your workout. Increase balance, tone and sculpt with this new style of exercise. If you’re bored with your normal workout routine and want something to change it up, BogaFit is a great way to do this!

COMBO
Barre This combo class uses techniques from ballet, yoga and pilates to make for an intense yet low impact workout. Utilizing the ballet barre to perform small isometric movements set to fantastic music, Barre is a total body workout that lifts your seat, tones your thighs, abs and arms, and burns fat.
Yoga Sculpt An open level Yoga Sculpt class for those who want to get moving with an energetic blend of yoga providing strength, flexibility and peace of mind.
Turbo Kick™ Have a blast in this action-filled cardio kickboxing class! Turbo Kick will lead you through fierce kickboxing combos and fat-scorching strength and cardio moves that will leave you feeling unstoppable!
PiYo™ PiYo combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

MIND & BODY
Mixed Yoga This class uses a flowing series of postures to create heat within the body as you work to increase strength, flexibility, endurance and balance.
Vinyasa Yoga This dynamic vinyasa practice is designed specifically for internal cleansing. Vigorous and repetitive flow will help practitioners deepen their practice beyond physical, making class meditative.

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.
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.

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