

NDSU

WELLNESS CENTER

GROUPFIT

SUMMER SESSION 1 • MAY 16 - JULY 1

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!

MON	TUE	WED	THUR
VINYASA YOGA 5:10 p.m. /60 min. Studio B Paula	ZUMBA 6:00 p.m. /50 min. Studio B Kasey	YOGA SCULPT 12:00 p.m. /50 min. Studio B Sara	HIIT 12:00 p.m. /45 min. Studio B Kaytlin
	TKO BOXING 7:00 p.m. /50 min. Studio B Keko	XA BEAT 5:30 p.m. /50 min. Studio B Clare	TKO BOXING 7:00 p.m. /50 min. Studio B Keko
		STRONG 6:30 p.m. /50 min. Studio B Kasey	

*Schedule is subject to change

*Open to all fitness levels

NDSU.EDU/WELLNESS/FITNESS
CONTACT: Jenna.Eckstein@ndsu.edu – 701-231-7360



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CLASS DESCRIPTIONS

HIIT (45 min): High intensity interval training combines full-body resistance training with rushes of cardio. Increase your endurance, tone your muscles and sweat for this 45 minute high energy workout.

STRONG by Zumba™ (50 min): Stop counting 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.

TKO Boxing (50 min): PUNCH it and SWEAT it out with TKO Boxing! This class combines the foundations of Boxing and Muay Thai with High Intensity Interval Training mixed in. When you finish this 50-minute class, you will feel stronger and toned in every muscle in your body!

Vinyasa Yoga (60 min): A dynamic flowing yoga class that focuses on strength and mobility. Accessible to all levels of yoga.

XA Beat™ (50 min): 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 Sculpt (50 min): 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™ (50 min): 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.

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