

GROUPFIT CLASS DESCRIPTIONS

● cardio ● strength ● aquatics ● combo ● mind & body ● dance fitness

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.

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.

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

COMBO

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!

HIIT High Intensity Interval Training mixes short bursts of activity with rest periods to work you to your maximum capacity. Scalable to any fitness level using the RPE scale to measure your efforts.

Core De Force Punch and kick your way to a killer body with this MMA-inspired total body workout. Core De Force will help you master core-conditioning combos, body weight moves and cardio bursts. Release stress, have a blast and feel like a champ with this amazing workout!

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.

Ashtanga Remix Yoga This dynamic vinyasa practice is designed specifically for internal cleansing. Vigorous and ashtanga flow will help practitioners deepen their practice beyond physical, making class meditative.

Roll & Recover Believe it or not, muscle recovery is just as important as your main workout. Join in on this quick 15 minute class where you will be led through various foam rolling and stretching techniques to help release muscle tension, lengthen muscle fascia and improve joint flexibility. Your muscles will thank you for it!

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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