CYCLE

Cycle 45 Motivating music will help you tackle rolling hills, sprints, jumps and intervals on our stationary bikes. This cycling class is great for the beginner cyclist and the advanced. Max capacity: 25

STUDIO

Foam Rolling Believe it or not, muscle warm-up and recovery are just as important as your main workout. Join this quick 15-minute class where you will be led through various foam rolling, mobility and stretching techniques to help release muscle tension, lengthen muscle fascia and improve joint flexibility. Your muscles will thank you for it! *Limited foam rollers available

Functional Fit This 30-minute class uses a variety of equipment to train muscles we use in every day activities. Enjoy a workout focusing on balance, strength, and mobility with a variety of exercises that will target the whole body.

HIIT (High Intensity Interval Training) is a total body heart pumping workout that combines 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!

Strength Hour is a strength focused class utilizing a variety of training principles intended to elevate your heart rate and strengthen your entire body. Expect lots of variety and many fun challenges!

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!

Vinyasa Yoga Enjoy sequences of postures and body-strengthening movements that flow with each breath. Our Vinyasa Yoga class provides a multi-level, yet strong practice, making it beneficial and enjoyable for all skill levels.

XA Beat™ This dance-fitness class uses popular American music to provide high-intensity cardio and toning. Routines are fast paced, but easy to follow so you can concentrate on getting a great workout. No dance experience necessary.

Yoga Level 1 A class for those new to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, teaches you how to breathe, and helps you feel more comfortable in your yoga practice. You don’t have to be able to touch your toes, bend backwards, or lift your leg to your head to enjoy yoga classes. Although this class moves at a slower pace than the other vinyasa classes, expect to be challenged both mentally and physically.

Zumba™ This class fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will keep you moving. No dance experience necessary.

AQUATICS

Aqua Motion This class is held in the leisure pool and improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of water. It is a low-impact class, 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 features varying workouts for all skill levels. Goggles recommended

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