

Weekly Group Fitness and Wellness Classes

Starting January 2nd, 2025



NORTHEAST
WI Technical College | *bellinhealth*

Monday

TRX & Toys
11:30-12:00pm
Gym

All About Abs
12-12:15pm
Gym

Group Personal Training
3:30-4pm
Fitness Center

Group Personal Training
4:15-5pm
Fitness Center

Pickleball
4:30-6pm
Gym

Tuesday

Group Personal Training
7-7:30am
Fitness Center

Meditation and Journaling
7:30-8am
BT 314

Group Personal Training
10-10:30am
Fitness Center

Tread & Shred
11:30-12:00pm
Fitness Center

Tabata
12-12:15pm
Fitness Center

Yoga
12:30-1pm
Room BT314

Wednesday

Walking Collective
9-9:30am
Door 6 or the indoor track
**weather dependent*

Butt & Gut
11:30-12:00pm
Gym

Tabata
12-12:15pm
Gym

Group Personal Training
3:30-4pm
Fitness Center

Group Personal Training
5-5:30pm
Fitness Center

Thursday

Group Personal Training
7-7:30am
Fitness Center

Meditation and Journaling
7:30-8am
BT 314

Group Personal Training
10-10:30am
Fitness Center

Fitness Intervals
11:30-12:00pm
Gym

Yoga
12:30-1pm
Room BT314

Group Stretch
3:00-3:30pm
Fitness Center

Friday

Group Personal Training
7-7:30am
Fitness Center

Walking Collective
9-9:30am
Door 6 or the indoor track
**weather dependent*

Yoga
10:30-11
Room BT 314

T.G.I.F.
11:30-12:00pm
Fitness Center

If you would like to set up an individual time or have questions, please contact the following

Stephanie for personal training at: stephanie.koceja@nwtc.edu or
Julia for health coaching at: nwtcras@nwtc.edu

You can also call (920)498-6993

Group Fitness Class Descriptions: **(Classes taught by Stephanie)**

All About Abs - 15 minutes of work devoted entirely to ab exercises.

Butt & Gut - Let's target legs, butt and core for a great sculpting and shaping class.

Fitness Intervals - Time-based intervals of work and rest focusing on improving cardio and strength simultaneously. Find your FIT in this full body workout!

Functional Fitness - This class focuses on flexibility, balance and strength by practicing "real world" movements, and prioritizing natural movements.

Group Personal Training - Stephanie guides a group of people towards their fitness goals using a variety of fitness equipment including dumbbells, machines, bands, TRX and more.

Group Stretch - Join us for a casual, fun stretching class.

Tabata - A HIIT method of training where you do 8 rounds of 20 seconds of work and then 10 seconds of rest.

T.G.I.F. - This class features the instructor's choice of any class they choose. Get ready to sweat!

Tread & Shred - Cardio intervals on the cardio machines combined with upper body strength and core.

TRX & Toys - A highly effective workout incorporating cutting-edge TRX Suspension Training with high intensity strength and cardio drills utilizing other equipment such as Bosu's, Exercise balls and more! This high-energy interval training is no-nonsense and all about getting results!

Yoga - A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. These classes are a great way to relieve stress and feel great!

Wellness Class Descriptions: **(Classes led by Julia)**

Activate Walking Collective - Walking is a simple yet powerful activity that can create these profound effects on our health and well-being. Join the Activate Walking Collective to help decrease your stress levels, reset your body, and align your mind to its highest potential.

Meditation & Journaling - Join the meditation & journaling group to de-stress, set intentions, and explore your thoughts and feelings while reflecting on your experiences, relationships and values. We will incorporate meditation into the practice to help calm the mind and regulate the nervous system. It can lead to greater peace of mind.