

Group Fitness Classes with Stephanie

October 14th through December 20th, 2024



*All classes are FREE
for employees and students!*

NORTHEAST
WI Technical College | *bellinhealth*

Monday

Yoga

10:30-11am
BT 314

Strength Express

11:30-12:00pm
Gym

All About Abs

12-12:15pm
Gym

Group Personal Training

3:30-4pm
Fitness Center

Pickleball

4:30-6pm
Gym

Tuesday

Group Personal Training

7-7:30am
Fitness Center

Group Personal Training

10-10:30am
Fitness Center

Tread & Shred

11:30-12:00pm
Fitness Center

Yoga

12:15-12:45pm
Room BT314

Wednesday

Butt & Gut

11:30-12:00pm
Gym

Tabata

12-12:15pm
Gym

Group Personal Training

3:30-4pm
Fitness Center

Thursday

Group Personal Training

7-7:30am
Fitness Center

Group Personal Training

10-10:30am
Fitness Center

Fitness Intervals

11:30-12:00pm
Gym

Yoga

12:15-12:45pm
Room BT314

Group Stretch

3:00-3:30pm
Fitness Center

Friday

Group Personal Training

7-7:30am
Fitness Center

Functional Fitness

11:30-12:00pm
Fitness Center

All Levels
Welcome to
all classes!

If you would like to set up an individual time or have questions, please contact Stephanie at: stephanie.koceja@nwtc.edu.

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.

Strength Express - This 30 minute total body strength workout will enhance the shape and definition of your muscles.

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

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

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!