



# Group Fitness Classes with Stephanie

## May 28, 2024 through August 16, 2024

NORTHEAST WI Technical College *bellinhealth*

*All classes are  
**FREE**  
for employees and students!*

**All Levels Welcome!**

*All outside classes are weather dependent*

### Monday

- Yoga**  
10:30-11am  
BT 314
- TRX**  
11:30-12:10pm  
Outside or Gym
- Pickleball**  
4:30-6pm  
Outside or Gym

### Tuesday

- Group Personal Training**  
7-7:30am  
Fitness Center
- Group Personal Training**  
10-10:30am  
Fitness Center
- HIIT/Yoga**  
11:30-12:10pm  
Gym
- Yoga**  
12:30-1pm  
Room BT314
- Biking Club**  
5pm- Contact Stephanie

### Wednesday

- MRS**  
9:00-9:30am  
Gym-ongoing
- Circuit Challenge**  
11:30-12:10pm  
Fitness Center

### Thursday

- Group Personal Training**  
7-7:30am  
Fitness Center
- Group Personal Training**  
10-10:30am  
Fitness Center
- Fitness Intervals**  
11:30-12:10pm  
Outside or Gym
- Yoga**  
12:30-1pm  
Room BT314
- Group Stretch**  
3:00-3:30pm  
Fitness Center

### Friday

- Group Personal Training**  
7-7:30am  
Fitness Center
- Power Up!**  
11:30-12:10pm  
Gym

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

**Circuit Challenge** - A fun strength class done on the weight machines in the fitness center.

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

**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.

**HIIT/Yoga** – This class consists of high intensity intervals of cardio moves with active rest periods consisting of yoga poses that will improve balance, core stability, and flexibility.

**Movement Risk Screen (MRS)**– gain flexibility and range of motion to do the things you want to do with less pain and stiffness. Please sign up for this class ahead of time. RAS approved.

**Power Up!** – Get your cardio on! We will sample a variety of cardio techniques and intervals for one sweat filled workout.

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

**TRX** – Circuit style strength training using the TRX Suspension Trainer.

**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!