



NORTHEAST
WI Technical College | *bellinhealth*

Weekly Group Fitness and Wellness Classes

March 24, 2025 through May 23rd, 2025

Monday

Walking Collective

9:30-10am

Meet by door 6 or
the indoor track

**weather
dependent*

TRX & Toys

11:30-12pm

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

Group Personal Training

10-10:30am

Fitness Center

Walking Collective

10-10:30am

Meet by door 6 or
the indoor track

**weather
dependent*

Tread & Shred

11:30-12pm

Gym

Tabata

12-12:15pm

Fitness Center

Yoga

12:30-1pm

Room BT314

Wednesday

Meditation and Journaling

8:30-9am

BT 307

Butt & Gut

11:30-12pm

Gym

Tabata

12-12:15pm

Gym

Walking Collective

2:30-3pm

Meet by door 6 or
the indoor track

**weather
dependent*

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

Walking Collective

9:30-10am

Meet by door 6 or
the indoor track

**weather
dependent*

Group Personal Training

10-10:30am

Fitness Center

Fitness Intervals

11:30-12pm

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

10-10:30am

Meet by door 6 or
the indoor track

**weather
dependent*

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 group fitness or personal training at: stephanie.koceja@nwtc.edu

or

Julia for wellness classes or health coaching at: nwtcras@nwtc.edu

You can also call (920)498-6993

Group Fitness Class Descriptions:

(Classes taught by Stephanie are open to all employees and students)

**Individual Personal Training offered only to all benefit eligible employees, along with others on the NWTC health insurance plan including spouses and dependents 16 and older.*

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!

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 and Health Coaching by Julia are open to all benefit eligible employees, along with others on the NWTC health insurance plan including spouses and dependents 16 and older.)

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.