



# Fitness Session Spring 2019 January 2-May 17, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Group Personal Training</b> 7–7:30am Cardio Room			<b>Group Personal Training</b> 7–7:30am Cardio Room
<b>Group PT – “Lower Body Blast”</b> 9:00–9:45am Cardio Room	<b>Group Personal Training</b> 8:30–9am Cardio Room	<b>*MRS 101 Class</b> 9-9:30am Cardio Room <b>Starts Feb. 6</b>	<b>Group Personal Training</b> 8:30–9am Cardio Room	
<b>Yoga</b> 10:30–11am BT325	<b>Group Personal Training</b> 9–9:30am Cardio Room	<b>Yoga</b> 10–10:30am BT315		
<b>Tread n’ Shred</b> 11:30am – 12:15pm Cardio Room	<b>*MRS 101</b> 11–11:30am Gym <b>Starts Feb. 5</b>	<b>Butt &amp; Gut</b> 11–11:35am Gym	<b>*MRS 201</b> 11–11:30am Gym <b>Starts Feb. 7</b>	<b>Kickboxing</b> 11:30am–12:15pm Gym
<b>*Finding Your Fit</b> 12:30–1:15pm Gym – <b>new session starts March 4</b>	<b>Pound</b> 12:30–1:15pm Gym	<b>Red Hot Chili Steppers</b> 12–12:30pm Campus Care – Julie	<b>Cardio HIIT Yoga</b> 12:30–1:15pm Gym	
		<b>Group Personal Training</b> 1:30–2:15pm Cardio Room		
	<b>Group Personal Training</b> 3–3:45 pm Cardio Room	<b>Group PT – “Upper Body Explosion”</b> 2:30 –3:15pm Cardio Room		
<b>Bootcamp</b> 4–4:45pm Gym		<b>Pound</b> 4–4:45pm Gym		

\*Pre-registration required

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)



# Fitness Class Descriptions

## Spring 2019

### January 2 – May 17, 2019

**Bootcamp** – You know the drill...anything goes in Boot Camp! This fun, demanding, energetic class combines running drills, sports drills, strength training and plyometrics for a fun and functional workout.

**Butts & guts** – A dynamic mix of abdominal and glute exercises. This class is designed to help you shape and tone these problem areas!

**Cardio H.I.I.T Yoga** – This class combines high intensity intervals of cardio moves (exercises designed to increase your heart rate and metabolism) with rest intervals consisting of yoga poses that will strengthen your stabilizing muscles and increase flexibility.

**Finding Your Fit** – For benefit eligible employees only. Pre-registration is required

**Group Personal Training** – Meet and exceed your goals with a trainer who will guide, coach and motivate you. Come experience training in a group setting with others who have similar goals who will support and encourage you. Drop-ins are welcome!

**Kickboxing** – This powerful, high energy class is full of kicks and punches that will help you increase strength, improve muscle definition, and work your cardiovascular endurance!

**\*Movement Risk Screen Class (MRS)** – For benefit eligible employees only. Pre-registration required for this class

**Pound – Rockout.Workout.** Release your inner rockstar! Using lightly weighted drum sticks this class gets your heart pumping and muscles burning all while listening to great music!

**Tread n Shred** – This class is designed to improve cardio fitness through treadmill or elliptical interval training and improve strength with super circuits

**TRX** – Circuit-style training specifically designed for beginners with exercises performed on the TRX Suspension Trainer. The TRX will teach you how to get fast, effective, total-body workouts. This format is for everyone! Class is limited to ten participants.

**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.

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)