



# Group Fitness Classes with Stephanie

August 18<sup>th</sup> - October 17<sup>th</sup> 2025

NORTHEAST | *bellin*health  
WI Technical College

## **Mondays**

**TRX**  
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

## **Tuesdays**

**Group Personal Training**  
7-7:30am  
Fitness Center

**Movement for Health**  
8:30-9am  
Fitness Center

**Group Personal Training**  
10-10:30am  
Fitness Center

**Tread & Shred**  
11:30-12:00pm  
Gym

**Pilates**  
12-12:15  
Gym

**Yoga**  
12:30-1:00pm  
Room BT314A

## **Wednesdays**

**Band Camp**  
11:30-12:00pm  
Gym

**Tabata**  
12-12:15pm  
Gym

**Group Personal Training**  
3:30-4pm  
Fitness Center

**Group Personal Training**  
4:30-5:00pm  
Fitness Center

## **Thursdays**

**Group Personal Training**  
7-7:30am  
Fitness Center

**Group Personal Training**  
10-10:30am  
Fitness Center

**Fitness Intervals**  
11:30-12:00pm  
Gym

**Yoga**  
12:30-1:00pm  
Room BT314A

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

## **Fridays**

**Group Personal Training**  
7-7:30am  
Fitness Center

\*Personal Training appointments available until 12pm on Fridays during the summer along with various times between 7am and 5pm Mondays - Thursdays.

Call Campus Care for details to get started!  
(920)498-6993

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).

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

**Band Camp** - Get better with bands! Did you know strength training with bands is a great way to increase strength without the soreness and tightness you get from weights? Come to improve your posture, strength, and to feel more energized with less ache.

**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.

**Movement for Health** - gain flexibility and range of motion to do the things you want to do with less pain and stiffness.

**Pilates** - A series of exercises designed to build strength, core stability, balance and flexibility. This class will focus on mostly mat exercises with the addition of some props.

**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.

**TRX** - 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!

**Classes taught by Stephanie are open to all employees and students.**

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

# Fall 2025 Wellness Class Schedule

## with Julia, Health Coach

*Classes and Individual Health Coaching\* are open to all benefit eligible employees, along with others on the NWTC health insurance plan including spouses and dependents 16 and older.*

*\*To schedule virtual or in person Individual Health Coaching stop into Campus Care or call (920)498-6993.*

### Weekly Classes:

#### ***Mondays:***

9:30am – 10am **Activate Walking Collective\*\*** - Ongoing

#### ***Tuesdays:***

10am - 10:30am **Activate Walking Collective\*\*** - Ongoing

11am- 12pm **Book Club - You Can Heal Your Life by Louise L. Hay**

Starting 9/9 through 12/16 (No class 10/21)

Virtual on Teams - email [health&wellness@nwtc.edu](mailto:health&wellness@nwtc.edu) or call Campus Care at 920-498-6993 to register.



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#### ***Wednesdays:***

8am – 8:30am **Grateful Mornings** - class runs 9/10 through 12/17 (No class 10/8)

Room BT314A

2:30pm - 3pm **Activate Walking Collective\*\*** - Ongoing

#### ***Thursdays:***

9:30am – 10am **Activate Walking Collective\*\*** - Ongoing

#### ***Fridays:***

10am - 10:30am **Activate Walking Collective\*\*** - Ongoing

**\*\*Meet at Door 6 for Activate Walking Collective or at the indoor track if weather is below 50 degrees or raining.**

### Monthly Events:

#### ***Botanical Garden Walks:***

Meet at the Botanical Gardens - Get in Free when you bring your NWTC badge!

11:30am – 12:00pm

9/11 & 10/9

#### ***Lunch & Learn:***

Virtual on Teams – email [health&wellness@nwtc.edu](mailto:health&wellness@nwtc.edu) or call Campus Care at 920-498-6993 to register.

11:00am-12:00pm

9/17 **The Coaching Advantage**- Learn more about what Health Coaching is.

10/22 **Staying Healthy on the Road**- Healthful Tips for on-the-go.

11/19 **Grateful Hearts, Vibrant Lives**- Learn how Gratitude can improve overall health.

#### ***Podcast Discussion:***

Virtual on Teams – email [health&wellness@nwtc.edu](mailto:health&wellness@nwtc.edu) or call Campus Care at 920-498-6993 to register.

1:30pm – 2:30pm

9/22 **Perimenopause Master Class (Part 1)** by Better! with Dr Stephanie

10/27 **Perimenopause Master Class (Part 2)** by Better! with Dr Stephanie

11/24 **Fix your Gut, Heal Almost Anything!** by The Dr. Hyman Show