

# Wellness

## Group Fitness Classes

TOTAL  
REWARDS



10/16/23

October 16 – December 22, 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Group Personal Training</b> 7-7:30am Fitness Center	<b>MRS</b> 9:00-9:30am Gym-ongoing	<b>Group Personal Training</b> 7-7:30am Fitness Center	<b>Group Personal Training</b> 7-7:30am Fitness Center
<b>Yoga</b> 10:30-11am Room BT314	<b>Group Personal Training</b> 10-10:30am Fitness Center		<b>Group Personal Training</b> 10-10:30am Fitness Center	<b>Group Personal Training</b> 8-8:30am Fitness Center
<b>TRX</b> 11:30-12:10pm Gym	<b>HIIT/Yoga</b> 11:30-12:10pm Gym	<b>Circuit Challenge</b> 11:30-12:10pm Fitness Center	<b>Kickbox &amp; Crunch</b> 11:30-12:10pm Gym	<b>Yoga</b> 10:30-11am Room BT314
<b>Tread &amp; Shred</b> 4:15-5pm Fitness Center	<b>Yoga</b> 12:30-1pm Room BT314	<b>Power Up!</b> 4:15-5pm Gym		<b>Total Body Tabata</b> 11:30-12:10pm Gym
<b>Pickleball</b> 4:30-6pm Gym			<b>Stretch</b> 3-3:30pm Gym	

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

**Group Personal Training** - Stephanie guides a group of people toward 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

**Kickbox & Crunch** – The best of cardio kickboxing and ab work combined!

**Movement Risk Screen**– 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

**Total Body Tabata** – 20/10 second intervals – we hit the whole body in this class; cardio, strength, and core

**Tread & Shred** – Cardio intervals on the cardio 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

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).

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## Fitness Class Descriptions

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[stephanie.koceja@nwtc.edu](mailto:stephanie.koceja@nwtc.edu).