



Group Fitness Classes with Stephanie

October 20th - December 19th 2025

NORTHEAST | *bellin*health
WI Technical College

Mondays

Strength Express
11:30-12:00pm
Gym

Pilates
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

Yoga
12:30-1:00pm
SC 225
(Meditation Room)

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
BT 314A

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

Fridays

Group Personal Training
7-7:30am
Fitness Center

Circuit Challenge
11:30-12pm
Fitness Center

*Personal Training appointments available until 12pm on Fridays 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.

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.

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.

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.

Strength Express - This 30-minute total body strength workout will enhance the shape and definition of your muscles.

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.

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 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:

Lunch & Learn:

Virtual on Teams – email health&wellness@nwtc.edu or call Campus Care at 920-498-6993 to register.

11:00am-12:00pm

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 or call Campus Care at 920-498-6993 to register.

1:30pm – 2:30pm

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

