

Group Fitness Classes with Stephanie

March 11, 2024 through May 24, 2024



NORTHEAST
WI Technical College

bellinhealth

*All classes are
FREE
for employees and students!*

Monday

Yoga

10:30-11am
SC 349A

Butts & Guts

11:30-
12:10pm
Gym

Tread & Shred

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

HIIT/Yoga

11:30-12:10pm
Gym

Yoga

12:30-1pm
Room BT315

Wednesday

MRS

9:00-9:30am
Gym-ongoing

Arms & Abs

11:30-12:10pm
Fitness Center

TRX

4:15-5pm
Gym

Thursday

Group Personal Training

7-7:30am
Fitness Center

Group Personal Training

10-10:30am
Fitness Center

Total Body Tabata

11:30-12:10pm
Gym

Group Stretch

3:00-3:30pm
Gym

Friday

Group Personal Training

7-7:30am
Fitness Center

Yoga

10:30-11am
SC 335

Power Up!

11:30-12:10pm
Gym

If you would like to set up an individual time or have questions, please contact Stephanie at:
stephanie.koceja@nwtc.edu.

Arms & Abs - This class focuses on upper body strength and core training using weights, bands and more!

Butt & Gut - A dynamic mix of ab and glute exercises. This class will help you shape and tone these problem areas!

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.

Movement Risk Screen (MRS) - 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 machines 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!