



# Group Fitness Classes with Stephanie

June 9<sup>th</sup> - August 15<sup>th</sup> 2025

NORTHEAST  
WI Technical College | *bellinhealth*

## Mondays

**TRX**  
11:30-12:00pm  
Outside or Gym

**All About Abs**  
12-12:15pm  
Outside or Gym

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

**Group Personal Training**  
\*4:15-5pm  
Fitness Center

**Pickleball**  
4:30-6pm  
Gym

## Tuesdays

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

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

**HIIT/ Yoga**  
11:30-12:00pm  
Outside or Gym

**Pilates**  
12-12:15  
Outside or Gym

**Yoga**  
12:30-1:00pm  
Room BT314

**Bike Club**  
5pm  
Various Locations  
- Email to register

## Wednesdays

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

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

**Yoga**  
12:30-1:00pm  
Room BT314

**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

**Outside classes are weather dependent**

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.

**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.

**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.

**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.

# Summer 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.*

## **Weekly Classes:**

### ***Mondays & Thursdays:***

9:30am – 10am **Activate Walking Collective**

Meet at Door 6 or at the indoor track if weather is below 50 degrees or raining.

### ***Tuesdays & Fridays:***

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

Meet at Door 6 or at the indoor track if weather is below 50 degrees or raining.

### ***Wednesdays:***

8am – 8:30am **Self-care 101** - class runs 6/11 – 8/27

Room BT314A

11am - 12pm **Lead Well, Live Well** - class runs 6/11-8/13

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

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

Meet at Door 6 or at the indoor track if weather is below 50 degrees or raining.

## **Monthly Events:**

### ***Book Club – ‘How to Do the Work’ by Nicole Lepera:***

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

11am – 12pm on the first Tuesday of the month (6/3, 7/1)

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

11:30am – 12:30pm on third Thursday of the month (6/19, 7/17, 8/21)

### ***Food for Mood 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.

Option 1: Monday, 6/23 11am – 12pm

Option 2: Tuesday, 7/22 11am – 12pm

### ***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 on the fourth Monday of the month

6/23: Brene Brown Atomic Habits (part 1)

7/28: Brene Brown Atomic Habits (part 2)

8/25: Permission to Prioritize - I don't have time

### ***Summer Strides Challenge:***

6/2- 8/29 Track your miles and compete for AwardCo Points averaging 10 miles a week for 12 weeks!

Email [health&wellness@nwtc.edu](mailto:health&wellness@nwtc.edu) or call Campus Care at 920-498-6993 for details and to register.

