



NORTHEAST WI Technical College | bellinhealth

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)

Pickleball
4-5pm
Gym

Wednesdays

Bands & Balls
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
SC 225
(Meditation Room)

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

Fridays

Group Personal Training
7-7:30am
Fitness Center

Circuit Challenge
11:30-12pm
Fitness Center

*Individual Personal Training appointments available various times between 7am and 5pm Mondays -Fridays.

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.

Bands and Balls - Join this unique and fun strength class incorporating exercise bands, balls and medicine balls. Get long, lean muscles from the bands and balance and core strength from the balls.

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.**