

NDSU

WELLNESS CENTER

# GROUPFIT CLASS DESCRIPTIONS

## STUDIO

**Barre:** Barre fitness combines exercises inspired by ballet, pilates, dance, yoga, and strength training. You will work on improving your posture, muscular strength, flexibility, and confidence using a ballet barre, light weights and body weight. Each movement can be modified to match your unique skill and strength level.

**HIIT Strength:** HIIT is a high intensity, interval workout that combines full-body resistance training with rushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout.

**Sunrise Yoga:** Start your day with stillness, clarity, and peace of mind and body during Sunrise Yoga. Similar to our all-levels yoga, this class welcomes those new and experienced.

**Turn Up Dance Fitness:** Turn Up Dance Fitness is more than just a dance fitness format. It's a movement to evolve unapologetically, live loudly, and dance ruthlessly. This time is yours to let loose and embrace the moment.

**XA Beat™** XaBeat is a dance-fitness class that uses hit music to provide high-intensity cardio and toning in a party-like atmosphere. The routines are fast-paced, but easy-to-follow, so you can get a great workout while having fun! No dance experience necessary—perfect for all fitness levels.

**Yoga:** All of our yoga classes will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques.

**Yoga Sculpt:** Yoga Sculpt combines traditional yoga poses with hand weights and short bursts of cardio work to create a transformational workout designed to sculpt, lengthen, and challenge every muscle. Flow to the beat of the music and enjoy a great workout.

**Zumba™:** Zumba uses upbeat music and easy-to-follow moves to create a one-of-a kind fitness experience that will keep you moving! Get a great workout while having fun in 50 minutes of calorie-burning, energizing, and toning moves.

## 2ND FLOOR CARDIO

**Sprint 8:** This is a personal trainer-led class that combines conditioning and strength training, allowing each individual to reach their own intensity. The class begins on the cardiovascular machines (treadmills, ellipticals, stair climbers, bikes, etc.) with a 3-minute warm-up, followed by a 20-minute cardio session. After a brief cooldown, the class transitions to 20 minutes of strength training (dumbbells, barbells, kettlebells, machines, etc.) and ends with a brief cooldown/stretch.

## CYCLE

**Cycle 30/45:** These indoor cycling classes are designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for you. Get your sweat on to time or music-based aerobic endurance conditioning and anaerobic interval training motivated by expert instruction! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

## AQUATIC

**BOGAFIT:** Head to the pool for this yoga and high intensity interval training based class that uses a floating yoga mat as the surface for your workout. BOGAFIT focuses on strengthening core muscle groups and improving balance and coordination. Your on-deck instructor will challenge and motivate you through a fun series of exercises on your floating yoga mat. Be prepared to complete some exercises in the water!

[NDSU.EDU/WELLNESS/FITNESS](https://ndsuhq.edu/wellness/fitness)

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