

NDSU

WELLNESS CENTER

GROUPFIT

FALL 2024 FINALS • DECEMBER 16-22

GroupFIT classes are FREE for all students and members!

GROUPFIT CLASSES ARE FREE FOR ALL STUDENTS AND MEMBERS. NO PRE-REGISTRATION NECESSARY!

• cycle • studio • aquatics • 2nd floor cardio

MON	TUE	WED	THUR	FRI	SAT
<p>SPRINT 8 6:45 a.m. /45 min. 2nd Floor Jade</p> <p>CYCLE 45 10:00 a.m. /45 min. Cycling Studio Kayli</p> <p>HIIT STRENGTH 10:00 a.m. /50 min. Studio B Mara</p> <p>YOGA SCULPT 12:30 p.m. /50 min. Studio B Sara</p> <p>ZUMBA 6:30 p.m. /50 min. Studio B Kasey</p>	<p>CYCLE 30 7:00 a.m. /30 min. Cycling Studio Abby</p> <p>CYCLE 45 5:00 p.m. /45 min. Cycling Studio Mara</p> <p>XA BEAT 5:30 p.m. /50 min. Studio B Clare</p>	<p>CYCLE 30 10:00 a.m. /30 min. Cycling Studio Mara</p> <p>TURN UP DANCE FITNESS 5:30 p.m. /50 min. Studio B Jamie</p> <p>HIIT STRENGTH 6:30 p.m. /50 min. Studio B Kasey</p> <p>BOGAFIT 7:00 p.m. /60 min. Lap Pool Meghan</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>
					SUN
					<p>NO CLASSES</p>

*Schedule is subject to change

*Open to all fitness levels

NDSU.EDU/WELLNESS/FITNESS
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