

NDSU

WELLNESS CENTER

GROUPFIT

FALL 2024 • AUGUST 27 - DECEMBER 14

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

SPRINT 8
6:45 a.m./45 min.
2nd Floor
Jade

YOGA SCULPT
12:30 p.m./50 min.
Studio B
Sara

CYCLE 45
5:30 p.m./45 min.
Cycling Studio
Kayli

ZUMBA
6:30 p.m./50 min.
Studio B
Kasey

TUE

CYCLE 30
7:00 a.m./30 min.
Cycling Studio
Abby

XA BEAT
5:30 p.m./50 min.
Studio B
Clare

YOGA
7:00 p.m./50 min.
Studio B
Kayli

WED

TURN UP DANCE FITNESS
5:30 p.m./50 min.
Studio B
Jamie

HIIT STRENGTH
6:30 p.m./50 min.
Studio B
Kasey

BOGAFIT
7:00 p.m./60 min.
Lap Pool
Meghan

THUR

FRI

BARRE
12:10 p.m./50 min.
Studio B
Sara

SAT

XA BEAT
9:00 a.m./50 min.
Studio B
AJ

BEGINS 10/12

NO CLASSES

Labor Day - 8/31 - 9/2

Veterans' Day - 11/11

Thanksgiving Break - 11/26 - 12/1

**Finals Week - 12/16 - 12/20
MODIFIED SCHEDULE**

*Schedule is subject to change

*Open to all fitness levels

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

CONTACT: Donavan.Haugstad@ndsuhq.com – 701-231-7360