

NDSU

WELLNESS CENTER

# GROUPFIT

SUMMER 2024 • MAY 20 - AUGUST 25

GroupFIT classes are FREE for all students and members!

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

• studio • cycle

MON

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

TUE

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

WED

**CYCLE 45**  
5:00 p.m./45 min.  
Cycle Studio  
Christen

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

\*Schedule is subject to change

\*No classes July 1 - July 7

\*Open to all fitness levels

**NDSU.EDU/WELLNESS/FITNESS**

**CONTACT:** Donavan.Haugstad@ndsu.edu – 701-231-7360



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## CLASS DESCRIPTIONS

**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.

**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.

**HIIT Strength:** (High Intensity Interval Training) is a full body workout. This class follows an interval training sequence with moderate to high intensity exercises. Use light weight or body weight to build strength and improve cardiovascular endurance and be ready to sweat!

**Cycle 45:** This indoor cycling class is 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.

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