

Try us for FREE! Your first session with us is complimentary when you mention this brochure.

If you would like more information, please call Shannon Bustillos at 288-7778

If you would like to be contacted, please write your name and number in the space below and drop in the suggestion box at the Rec Plex.

Name _____

Phone _____

It's a great place to meet new people, get fit, and socialize!

**Monthly Cost
\$30/individual
\$55/married couple
or \$5/for one session
This includes a daily locker rental and towel service.**

Conveniently located in downtown Milwaukee

**915 W. Wisconsin Ave.
Milwaukee, WI 53201**

Free parking is available behind the facility

MarqTimers

**Hosted by:
Marquette
University**

This is the opportunity for you to get out and get some of that much needed exercise!

The MarqTimers is an exercise program held Tuesday and Thursday mornings designed for adults 55 years and greater.

**Enjoying Life
at
EVERY Age!**

**The program
consists of:**

**8:15-9:15 am
Group Exercise**
Stretching and simple aerobic exercises are led by one of the most experienced fitness leaders in the Milwaukee area! Work at your own pace, enjoying a few minutes or the full hour. If desired, you may visit our fitness center during this time and utilize the cardio and weight equipment.

**9:15-10:15 am
Water Fitness**
Aerobic and stretching exercise in the pool is guided by the MarqTimer instructor. These movements are easier on the joints, which may benefit those with arthritic concerns. Enjoy the full hour of instruction or workout at your own pace increasing as you improve. Enjoy the sauna, steam room or whirlpool in the locker room after your swim.

**10:15-11:15 am
Social Hour**
Enjoy an hour relaxing over coffee, snacks, and good conversation. Our lounge setting is a great environment to meet people and catch up with old friends.