

Helfaer Tennis Stadium & Recreation Center

GROUP FITNESS – FALL 2009

SIGN-UP PROCEDURE

Sign-ups will begin at 9:00 a.m. on Tuesday, September 8 for all classes held at the Helfaer Rec Center.

Sign-ups WILL NOT be taken over the phone. Payment must be included at the time of the sign-up. First come, first served! You will not be allowed to sign-up other people. **For more information, contact the Helfaer Rec Center at 414-288-6979**

CLASS SECTION AND PRICES

Each class offered will have three (3) sections: **Section A** 10 weeks - 9/14/09-11/25/09
Section B 5 weeks - 9/14/09-10/14/09
Section C 5 weeks - 10/19/09-11/23/09

Prices for each section are: **Section A** - Students/Members \$50 Non-members \$60
Section B - Students/Members \$30 Non-members \$35
Section C - Students/Members \$30 Non-members \$35

REFUND POLICY

This policy applies to ALL participants who have registered and paid for any **Fall 2009** programs:

*A 75% refund will be given prior to and during the first week of the program.

*A 50% refund will be given during the second week of the program.

*No refunds will be given after the second week.

Note: Cash, Personal Check, Visa/MasterCard and MarquetteCASH are all accepted forms of payment.

*****NO CLASSES October 21 and 22*****

PILATES

Mondays & Wednesdays from 12:00 – 12:55 p.m.

This class focuses on working the core muscles to develop strength, flexibility, and postural control. You will concentrate on control and precision of each exercise to maximize muscular benefits.

Class is limited to 25

Instructor: Joanna McQuide

POWERKICK

Mondays & Thursdays 8:00 – 9:00 a.m.

This high intensity kickboxing class will work to train the total body while getting an aerobic workout.

Class is limited to 25

Instructor: Catharine Relation

IT'S NEVER TOO LATE TO WORKOUT

Mondays & Wednesdays from 8:45 -9:45 p.m.

Is your day so jam-packed that you don't stop until late at night? This class is perfect for highly variable schedules. Class is limited to 25

Instructor: Haley Meier

TOTAL BODY WORKOUT

Mondays & Wednesdays from 9:00 - 9:50 a.m.

Improve both your flexibility and strength. Get in shape while having fun at the same time!

Class is limited to 25

Instructor: Alyssa Harling

ZUMBA I

Mondays & Wednesdays from 1:00 – 1:55 p.m.

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and other rhythmic music. This class provides various dance moves but allows YOU to find your inner dancer and move to the beat!

Class is limited to 25

Instructor: Joanna McQuide

ZUMBA II

Tuesdays & Thursdays from 6:00 – 7:00 p.m.

See description above

Instructor: Cory "Adelle" White

ZUMBA III

Tuesdays & Thursdays from 4:00 – 5:00 p.m.

See description above

Instructor: Rachelle Underhill

BODY MOVIN'

Tuesdays & Thursdays from 7:30-8:30 p.m.

High energy mix of hip hop, dance, aerobics, and kickboxing. Fun music to move your body and burn calories. Class is limited to 25

Instructor: Lindsay Aceto

CIRCUIT EXERCISE

*All classes will held in the Weight Room for extra privacy

Circuit 1 *Mondays & Wednesdays from 5:00 – 6:00 p.m.*

Circuit 2 *Tuesdays & Thursdays from 3:00 – 4:00 p.m.*

This fitness class is a complete body workout. If you like variety in a workout, this class is for you! The class is combination of different exercises for 60 minutes, which include toning weight exercises for upper and lower body as well as heart rate pumping cardio. For those who get bored working out easily, this class is a must! Class is limited to 10

Instructor: Kathleen Scott

WINTER CAN "WEIGHT!"*Tuesdays & Thursdays from 12:00 - 1:00 p.m.*

You can't "resist" this total body workout! This class includes a half hour of spin followed by a half hour of total body resistance training using anything but machines!

Class is limited to 12

Instructor: Christen Biskelonis

WINTER CAN "WEIGHT!" II*Tuesdays & Thursdays from 3:00 - 4:00 p.m.*

See description above

Instructor: Christen Biskelonis

CARDIO HULA CLASS*Mondays & Wednesdays from 5:00 - 6:00 p.m.*

Get fit and have fun with this endurance fitness course that gives a great cardio workout with all those boring exercises. Open to all skill levels, but expect to exceed your own expectations.

Class is limited to 25

Instructor: Hillary Collandra

IRISH DANCING*Tuesdays 5:00 - 6:00 p.m.*

Love to Irish Dance or have no clue what it is? Then this class is for you! Learn Irish Dance at Marquette this semester and have all your friends Irish green with envy.

Class is limited to 25

Instructor: Betsy Hines

TURBO/ZUMBA*Mondays & Wednesdays from 4:00 - 5:00 p.m.*

This high intensity kickboxing class will work to train the total body while getting an aerobic work-out Using punching and kicking moves, the class will improve both strength and flexibility.

Class is limited to 25

Instructor: Anne Rowley

AbsoGLUTELY*Mondays & Wednesdays from 6:00 - 7:00 p.m.*

Want to give your abs, legs, and butt a better look? Well this class is for you. Strengthen and tone with this fun and exciting class. Class is limited to 25

Instructor: Brianne Martin

FLOW*Tuesdays & Thursdays from 12:15 - 12:45 p.m.*

Looking for a better way to spend your lunch break? This class combines Yoga, Toning, and Pilates to give you a whole new way to get in shape! What a an exciting lunch break, your friends will be jealous.

Class is limited to 15

Instructor: Anna Cowan

SPINNING

*All classes will be held in the Spinning Studio and are limited to 12 participants

POWER SPIN*Mondays & Wednesdays from 7:00 - 8:00 p.m.*

Get into shape for spring with a challenging series of jumps, hill climbs, runs, sprints, and endurance tracks. A fun, energetic way to get into shape!

Instructor: Megan Magnuson

POWER SPIN II*Tuesdays & Thursdays from 4:00 - 5:00 p.m.*

See description above

Instructor: Megan Magnuson

POWER SPIN III*Mondays & Wednesdays from 10:00 - 11:00 a.m.*

See description above

Instructor: Cassandra Padovani

POWER SPIN IV*Tuesdays & Thursdays 9:30 - 10:30 a.m.*

See description above

Instructor: Laura Brudzynski

SPIN ALONG*Thursdays from 5:00 - 6:00 p.m.*

This once a week class is a great add on workout routine to pump it up with cardio. Spin along to some great music as you spin at your own pace.

Instructor: Anna Cowan

START YOUR DAY SPINNING*Mondays & Wednesdays from 8:00 - 8:45 a.m.*

Start your day off with a challenging spinning routine that is sure to prepare you for the day.

Instructor: Michelle Palmer

DON'T STOP TIL' YOU GET ENOUGH*Mondays & Wednesdays 5:05 - 6:00 p.m.*

This high energy spin class will keep both your heart and legs pumping for a great workout!

Instructor: Laura Brudzynski

**BE SURE TO CHECK OUT THE CLASSES OFFERED
AT THE REC PLEX TOO!**



**If you don't see a class that
fits your needs, stop by the Rec Center or call 414-288-6979
for updates on new class listings that may be added.**

<http://www.marquette.edu/recsports>