

# REC PLEX

## GROUP FITNESS – FALL 2009

### SIGN-UP PROCEDURE

Sign-ups will begin at 9:00 a.m. on Wednesday, September 9 for all classes held at the Rec Plex.

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. All classes need a minimum of 10 to run. **For more information, contact the Rec Plex at 414-288-7778.**

### CLASS SECTION AND PRICES

Each class offered will have three (3) sections:

<b>Section A</b>	10 weeks - 9/14/09-11/25/09
<b>Section B</b>	5 weeks - 9/14/09-10/14/09
<b>Section C</b>	5 weeks - 10/19/09-11/23/09

Prices for each section are:

<b>Section A</b>	- Students/Members \$50	Non-members \$60
<b>Section B</b>	- Students/Members \$30	Non-members \$35
<b>Section C</b>	- 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\*\*\*

### POWER KICK

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

This high intensity kickboxing class will work to train the total body while getting an aerobic workout. Using punching and kicking moves it will improve both strength and flexibility. Class limited to 25

**Instructor: Catharine Relation**

### TOTAL BODY CONDITIONING

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

A power packed workout focusing more on strength building while also incorporating aerobic exercise to build cardiovascular endurance. Free weights, stability balls, and Bosu balls will all be used throughout the class.

Class is limited to 25

**Instructor: Marie Coffey**

### ZUMBA

*Mondays & Wednesdays from 7:00 – 8:00 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 your beat!

Class limited to 25

**Instructor: Rachelle Underhill**

### HOT LUNCH

*Mondays & Wednesdays from 11:00 – 11:50 a.m.*

This class is great for faculty, administrators, staff, and students needing an energy boost in the middle of the day. Classes will vary day to day with a majority of the classes focusing on a good cardio workout with yoga or other relaxing classes thrown into the mix. Class is limited to 25

**Instructor: Brianne Martin**

### STRETCH AND TONE

*Tuesdays & Thursdays from 2:00 – 2:45 p.m.*

This high energy class is designed to increase your range of motion while you add strength at the same time. A great two for one combo! Class is limited to 25

**Instructor: Anne Rowley**

### YOGA

*Thursdays from 12:15 – 1:15 p.m.*

The instructor's teaching style and clear directions will put you at ease. Relieve stress, gain flexibility and practice mental focus. Class is limited to 20

**Instructor: Susan Lorentzen**

### **BOOTCAMP**

*Mondays & Wednesdays from 8:30 – 9:30 a.m.*

Start your day with an early morning workout lead by MU ROTC cadet, Jackson Taffe. This class will whip you into shape in no time. That's an order. Class is limited to 20

**Instructor: Jackson Taffe**

### **DANCE AROUND THE WORLD**

*Mondays & Wednesdays from 1:00 – 2:00 p.m.*

Each week learn a different dance from around the world in a fun, relaxed environment. Impress your friends with your knowledge of dance from far away lands. Class is limited to 25

**Instructor: Alyssa Harling**

### **STRECHING STATISTICS**

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

Interested in taking a break from studying with some relaxing stretching exercises? This class will also incorporate fun dance exercises and moves so you'll be sure to feel great, have fun and burn calories! Class is limited to 25

**Instructor: Erin Liefke**

### **HIGH ENERGY DANCE**

*Tuesdays & Thursdays from 6:15 – 7:15 p.m.*

A fun class in which students will learn fully choreographed hip-hop pieces to upbeat and energetic songs as well as slower more emotional ones. Dancers of all experience levels are welcome. Class is limited to 25

**Instructor: Jenna Franklin**

### **TURBO JAM**

*Mondays from 4:30 – 5:30 p.m.*

This high energy dance class will be sure to help you shake off those Monday blues and help you get amped up for the school week ahead. Class is limited to 25

**Instructor: Anna Cowan**

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



**If you don't see a class that fits your needs, stop by the Rec Plex or call 414-288-7778 for updates on new class listings that may be added.**

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