



Helpaer Tennis Stadium & Recreation Center



GROUP FITNESS - SPRING 2012

SIGN-UP PROCEDURE

Sign-ups will begin at 9:00 a.m. Tuesday, January 24th for all classes held at the 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. All classes need a minimum of 10 to run and have a maximum of 25 unless otherwise noted. **For more information, call the Group Fitness Office at 414-288-6979 or Rec Center main office at 414-288-6977.**

REFUND POLICY

This policy applies to ALL participants who have registered and paid for any **SPRING 2012** 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

ZUMBA

This Latin-inspired dance-fitness class uses Latin and other rhythmic music. You will learn Latin and other rhythmic music. You will learn Latin dance moves, but more importantly you will be free to explore your inner dancer and move to the beat.

- Section 1 Mondays & Wednesdays from 12:00-12:50 p.m. taught by Morgan Mathias
- Section 2 Tuesdays & Thursdays from 6:30-7:30 p.m. taught by Rachel McKane
- Section 3 Tuesdays & Thursdays from 7:30-8:30 p.m. taught by Caroline Mahon

HIP HOP FITNESS

A high energy class combining the music you love with fun moves to get you in shape. Feel the burn while having a blast targeting your core and entire body.

- Section 7 Mondays & Wednesdays from 6:00-7:00 p.m. taught by Amanda Theisinger

TURBOKICK

Have a blast with a fusion of kickboxing and cardio for a great workout! Improve endurance and flexibility while moving to fun music.

- Section 9 Tuesdays & Thursdays from 3:00-4:00 p.m. taught by Kara Wisniewski

CLASS SECTION AND PRICES

Each class will be offered in one *ten week session*. **Monday &/Wednesday classes start on January 30th and end April 18th. Tuesday &Thursday classes begin January 31st and end April 19th.**
Prices for classes are as follows: Students/Members **\$50** Non-members **\$60**

There will be no classes the weeks of Spring Break, March 11- 18th 17-20, 2012 or Easter Break, April 5- 9th, 2012

AB BLAST

Target your abdominals and strengthen your core in these high intensity classes!

- Section 4 Mondays & Wednesdays from 8:15-9:15 p.m. taught by Elizabeth Alexander
- Section 5 Tuesdays & Thursdays from 4:00-4:45 p.m. taught by Carly Schwab
- Section 6 Tuesdays & Thursdays from 5:30-6:30 p.m. taught by Cassidy Wilson

YOGALATES

Take a break from class with a transformative, gentle yoga practice combined with Pilates. You will be given easy to follow guidance that will stretch and strengthen your muscles and calm and center your body and mind in a relaxed, yet empowering way.

- Section 8 Mondays and Wednesdays from 10:15-11:15 a.m. taught by Sandy Bryne

KICKBOXING

Combine kickboxing with great music and these classes are sure to be a hit.

- Section 10 Mondays & Wednesdays from 3:20-4:20 p.m. taught by Mike Mulroy
- Section 11 Mondays & Wednesdays from 7:00-8:00 p.m. taught by Elise Gottsacker

SEE OTHER SIDE FOR SPIN CLASSES

SPINNING CLASSES

Pedal along as your instructor takes you through a challenging series of jumps, hills, climbs, runs, sprints, and endurance tracks.

Spin classes are limited to 16 participants.

MONDAY & WEDNESDAY CLASSES

Section 12 10:00-10:55 a.m. taught by Amy Lee

Section 13 2:00-2:55 p.m. taught by Mike Mulroy

Section 14 4:00-4:55 p.m. taught by Hope Agase

Section 15 5:00-5:55 p.m. taught by Carly Schwab

Section 16 6:00-6:55 p.m. taught by Kylie Smith

Section 17 8:00-8:55 p.m. taught by Therese Lebed

TUESDAY & THURSDAY CLASSES

Section 18 10:00-10:55 a.m. taught by Elizabeth Alexander

Section 19 4:00-4:55 p.m. taught by Rose Caruso

Section 20 5:00-5:55 p.m. taught by Amy Lee

Section 21 6:00-6:55 p.m. taught by Rose Caruso

Section 22 7:00-7:55 p.m. taught by Cara Brigman

Section 23 8:00-8:55 p.m. taught by Brittney Lutsch

Section 24 9:00-9:55 p.m. taught by Elise Gottsacker

**Be sure to check out the Rec Plex flyer
for additional classes and times.**

FREE Friday Classes

- Once the semester begins, be sure to keep an eye open for our FREE Friday classes. Each week we will offer a few of our fitness classes at no charge. Come early and come often!

Any questions, comments, concerns, or interested in teaching a Group Fitness class in the future? Contact the *Marquette Group Fitness Office*:

1. Stop by our office in room 040 in the lower level of the Helfaer Rec Center
2. Email Marquettegroupfitness@yahoo.com
3. Call 414-288-6979
4. Contact Shannon Bustillos at 414-288-7778
5. Visit <http://www.marquette.edu/recsports>

