



REC PLEX



GROUP FITNESS - SPRING 2012

SIGN-UP PROCEDURE

Sign-ups will begin at 9:00 a.m. Wednesday, January 25th 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 and have a maximum of 25 unless otherwise noted. **For more information, call the Group Fitness Office at 414-288-6979 or Rec Plex Main Office at 414-288-7778.**

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

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:**
 Students/Members **\$50** Non-members **\$60**

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

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 5:00-6:00 p.m. taught by Nicole Gibson

Section 2 Mondays & Wednesday from 10:15-11:15am taught by Allie Bonesho

CARDIO KICKBOXING

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

Section 4 Tuesdays & Thursdays from 5:00-6:00 p.m. taught by Kristin Kipp

TOTAL BODY CONDITIONING

This class will incorporate everything you need for an all around workout. Elements of sports conditioning, weight training, cardio and core strength will be taught in this class.

Section 7 Tuesdays & Thursdays from 6:00-7:00 p.m. taught by Kristin Kipp

CARDIO DANCE

This high intensity cardio class works muscles you may not have even known were there! Set to upbeat music, this class will get your heart pumping within the first five minutes.

Section 3 Mondays & Wednesdays from 11:15-12:15 p.m. taught by Alexis Hamburg

KICKBOXING

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

Section 5 Tuesdays & Thursdays from 4:00-5:00 p.m. taught by Elise Gottsacker

Section 6 Tuesdays & Thursdays from 8:00-9:00 p.m. taught by Elise Gottsacker

HOT LUNCH

A great variety class designed to keep each workout fun and fresh. Expect the unexpected in the class as you work on strength, flexibility, or dance your afternoon away.

Section 8 Tuesdays - Friday from 12:15-1:15 p.m. taught by Loren Andrade and Megan Skorborg

YOGA

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 to work on strength, flexibility to unwind from the week and kick start your weekend.

Section 9 Fridays from 4:50-5:50p.m. taught by Sandy Byrne

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

If you don't see a class that fits your needs, stop by the Rec Center or call 414-288-6977 for updates on new class listings that may be added.

Any questions, comments, concerns, or those interested in teaching a Group Fitness class in the future

contact the Marquette Group Fitness Office in one of the following ways

- 1. Stop by our office in room 040 in the lower level of the Helfaer Rec Center**
- 2. Email Marquettegroupfitness@yahoo.com or see www.marquette.edu/recsports**
- 3. Contact the Group Fitness Office at 414-288-6979**
- 4. Contact Shannon Bustillos at 414-288-7778**

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!