<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>12:05-12:50p.m. Pilates</td>
<td>12:05-12:50p.m. Pilates</td>
<td>12:05-12:50p.m. Total Body Conditioning</td>
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<tr>
<td>Zilber 025 (Marissa) $50</td>
<td>Cramer 050 (Joanna) $50</td>
<td>Rec Plex Small Gym (Kristin) $50</td>
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<tr>
<td>12:05-12:45p.m. Spinning</td>
<td>12:05-12:35p.m. Core Conditioning</td>
<td>12:05 – 12:50p.m. Yoga</td>
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<tr>
<td>Helfaer Recreation Center Spinning Rm</td>
<td>Cramer 050</td>
<td>Zilber 025 (Jaime) $50</td>
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<td>(Kristin) $35</td>
<td>(Kristin) $50</td>
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<tr>
<td>5:00-5:45p.m. Boot Camp</td>
<td>4:45 – 5:30p.m. Yoga</td>
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<tr>
<td>Cramer 050/Outside (Marissa) $50</td>
<td>Cramer 050</td>
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<td></td>
<td>(Jaime) $50</td>
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**Monday Spinning** – No class: July 15th. Makeup: August 19th.

**Tuesday Core Conditioning** – No class: July 16th. Makeup: August 13th.

**Wednesday Spinning** – No class: July 17th. Makeup: August 21st.

**Thursday Yoga** - No class: July 4th or 18th. Makeup: August 15th and 22nd.

**Thursday Total Body** – No classes: July 4th and 18th. Makeups: August 15th and 22nd.

**Wednesday Pilates** – No class: August 7th. Makeup: August 14th

**Tuesday Boot Camp** - No class: July 2nd. Makeup: August 13th.

**Free Trial Week** – Not sure if you want to take one of our classes? Come try the class out during the first week of the session for free! Space is limited so please email Kristin Kipp at kristin.kipp@marquette.edu.

**Discounts:** A 10% discount will be given to anyone who participates in two, 40-45 minute classes. Any combination of the following classes can be used: Yoga, Pilates, Spinning, Boot Camp and Total Body Conditioning. Cost for two classes: $90 for 10 weeks.
Class Descriptions:

**Boot Camp**
Shape up this summer while soaking up the sun. This class will take place at various locations on and around campus to provide a challenging workout that will incorporate the use of various cardio, strength training and core conditioning drills to help you get fit. A full body workout designed to get your heart pumping. [Register for a session]

**Core Conditioning**
Core Conditioning is a thirty minute class dedicated entirely to your abs, low back, glutes, hips, thighs and pelvic muscles. This class will use functional exercises designed to increase your strength and balance. Modifications of exercises will be provided. All fitness levels welcome. [Register for a session]

**Pilates Mat**
Pilates Mat teaches awareness of breath and alignment of the spine utilizing the deep torso muscles of the core. This class focuses on working the core muscles to develop strength, flexibility, endurance and coordination. Each individual can progress at their own pace with the use of modifications, rings, and balls, which can provide more or less intensity. [Register for a session]

**Spinning**
An indoor cycling class designed to get your heart pumping no matter what your fitness needs. Whether you need a non-impact class that will help you build cardiovascular endurance, or you just love cycling and want a great workout, this is the class for you. [Register for a session]

**Total Body Conditioning**
This class will combine cardio, strength, and core training for a total body conditioning class. Modifications will be provided. All fitness levels welcome. [Register for a session]

**Yoga**
Yoga refers to the practice of physical postures or poses and is the union between mind, body and spirit. By doing this practice you are creating balance in the body through developing both strength and flexibility. The class will also combine the breath with each pose to take you off the mat and into everyday to help you deal with life situations. This class is for beginners and intermediates. You will learn basic yoga poses that you can take into your everyday life. Not feeling connected and feeling out of sorts.....this class is for you! Mats provided or you can bring your own. [Register for a session]

**Registration & Payment:** To register, click on the link next to the class description. Minimum enrollment must be met to offer the class. Space is limited. Payments can be sent through interoffice mail to Kristin Kipp in Schroeder Complex 237, or you can fill out the Fitness class credit card authorization form or bring a check or cash (exact amount please) to your first class. Credit card authorization forms can also be scanned and emailed or faxed to 8-7948. For more information or questions, please contact Kristin Kipp at 288-5607 or kristin.kipp@marquette.edu.

**Release Forms:** If you are new to the employee wellness fitness program, please complete the liability release form and bring it to your first class. If you are taking a yoga class for the first time, you must fill out the general liability release form as well as the fitness advantage trainer yoga liability release form.

**Refund Policy:** A 75% refund will be given prior to or 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.