# Fall Group Fitness Classes 2013

**August 26 – November 1, 2013 (10-Week Session)**

**August 26 – December 6, 2013 (15-Week Session)**

<table>
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<tr>
<th>Monday</th>
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| 12:05-12:50p.m. Pilates  
Cramer 050  
(Joanna) $50/$75  
Register for a session | 12:05-12:50p.m. Pilates  
Zilber 025  
(Marissa) $50/$75  
Register for a session | 12:05-12:50p.m. Pilates  
Cramer 050  
(Joanna) $50/$75  
Register for a session | 12:05-12:50p.m. Total Body Conditioning  
Rec Plex Small Gym  
(Kristin) $50/$75  
Register for a session |
| **Monday Pilates – no class 9/2** | **Tuesday Core Conditioning – no class 9/10** | **Wednesday Pilates – no class 10/9 & 11/27** | **Wednesday Spinning – no class 11/27** |
| 12:05-12:50p.m. CrossFit at Marquette  
Cramer 010  
(Ryan) $50/$75  
Register for a session | 12:05-12:35p.m. Core Conditioning  
Cramer 010  
(Kristin) $35/$50  
Register for a session | 11:45-12:25p.m. Spinning  
Helfaer Rec Center  
Spinning Rm  
(Kristin) $50  
Register for a session | 12:05 – 12:50p.m. Yoga  
Zilber 025  
(Jaime) $50/$75  
Register for a session |
| **Wednesday Pilates – no class 10/9 & 11/27** | **Wednesday Spinning – no class 11/27** | **Wednesday Yoga – no class 12/4** | **Thursday Yoga – no class 11/28 & 12/5** |
| 5:00-5:45p.m. Total Body Conditioning  
Cramer 050  
(Marissa) $50/$75  
Register for a session | 4:45 – 5:30p.m. Yoga  
Cramer 050  
(Jaime) $50/$75  
Register for a session | 12:05-12:50p.m. CrossFit at Marquette  
Cramer 010  
(Ryan) $50/$75  
Register for a session | **Thursday Total Body – no class 11/28** |

Make-up classes will be held December 9-12, 2013 and December 16-19, 2013. Ask your instructor for details.

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

**Discounts:** 15% discount for two, 40-45 minute classes for 10 weeks. 20% discount for two, 40-45 minute classes for 15 weeks. Any combination of the following classes can be used: Yoga, Pilates, Spinning, Cardio Dance and Total Body Conditioning. Cost for two classes: $85 for 10 weeks / $120 for 15 weeks.
Class Descriptions:

**Cardio Dance**
Cardio Dance will get you moving and grooving to fun music and easy dance steps! This class is designed to get your heart rate up and let you work up a sweat while learning some dance moves. Many different styles of Latin and popular dances will be covered and no partner is needed. All levels of fitness welcome. Come join in the fun!  
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

**CrossFit at Marquette**
CrossFit combines the best elements of weight training, bodyweight calisthenics, and short bursts of cardio to achieve a generalized fitness that improves a wide range of physical attributes: cardio, stamina, flexibility, strength, speed, power, agility, accuracy, coordination and balance. Variety plays a key component of CrossFit classes with no two classes ever being completely identical. Incorporation of progressions and exercise modifications make CrossFit classes accessible to almost all physical fitness levels. The camaraderie and shared experience of intense workouts helps to fuel motivation and results. Come see firsthand why CrossFit is one of the fastest growing fitness methods! This class will be taught by Ryan Atkins from CrossFit Milwaukee. 
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. All payments are due on or before the first day of class. 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. If you are taking the CrossFit class you’ll need to fill out the liability release form and the CrossFit Waiver.

**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.