# Fall Group Fitness Classes 2015

**August 31 – December 18, 2015**

(10 or 15 Week Sessions Available)

<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| 10-Week Class  
12:05 – 12:50p.m.  
**Immersive Yoga**  
Engineering Hall 028  
(Jaime) $75  
Register | 12:05-12:50p.m.  
**Pilates**  
Cramer 050  
(Jaime) $50/$75  
FULL | 12:05-12:50p.m.  
**CrossFit at Marquette**  
Cramer 010  
(Ryan) $100/$150  
FULL | 12:05-12:50p.m.  
**CrossFit at Marquette**  
Cramer 010  
(Ryan) $100/$150  
FULL | No class:  
Tuesday Spinning – 9/29 or 11/24  
Wednesday Pilates – 11/4  
Wednesday Yoga – 11/25  
Friday Yoga – 11/27 |
| 1:05-1:50p.m.  
**Pilates**  
Cramer 050  
(Jaime) $50/$75  
Register | 1:05-1:50p.m.  
**Spinning**  
Rec Center  
Spinning Rm  
(Kristin) $50/$75  
Register | 12:05-12:50p.m.  
**Pilates**  
Cramer 050  
(Jaime) $50/$75  
Register | 4:45-5:15p.m.  
**Core and More Yoga**  
Cramer 050  
(Marissa) $35/$50  
Register |
| 4:45-5:30p.m.  
**Total Body Conditioning**  
Cramer 050  
(Marissa) $50/$75  
FULL | 4:45 – 5:30p.m.  
**Yoga**  
Cramer 050  
(Jaime) $50/$75  
Register | 4:45-5:15p.m.  
**Core and More Yoga**  
Cramer 050  
(Marissa) $35/$50  
Register | |

**Make-up classes will be held December 14 -18 and 21-23 if needed. Ask your instructor for details.**

**Free Trial** – Not sure if you want to take one of our classes? Come try out a class for free! Space is limited. Please email Kristin Kipp. No free trials for Core Essence Yoga.

**Discounts:** 15% discount for two or more, 45 minute classes for 10 weeks. 20% discount for two or more, 45 minute classes for 15 weeks. Any combination of the following classes can be used: Pilates, Spinning, Zumba, Aqua Dynamics and Total Body. Cost for two classes: $85 for 10 weeks and $120 for 15 weeks.

Discounts **DO NOT** apply to classes under 10 weeks and do not include the following 10-15 week classes: Cross Fit, Core Essence Yoga and Immersive Fitness Classes.
Class Descriptions:

Aqua Dynamics
Aqua Dynamics combines aerobic movements to increase the heart rate and burn calories with strength and conditioning movements, all with little to no impact on the body due to the water. This is a class that is suitable for all levels and is perfect for anyone looking for a total body workout. Register for a session.

Cardio Kickboxing
Cardio Kickboxing is a high energy cardio class where you will jab and kick to the beat of the music. Low impact to high impact moves will be shown. All fitness levels welcome. Register for a session.

Core and More
Core and More is a thirty minute class that will focus on your core, specifically your abs, low back and glutes. This class will use functional exercises designed to increase your strength and balance. Modifications of exercises will be provided. Register for a session.

Core Essence Yoga
This is a Vinyassa style yoga class for more advanced participants. This class is designed to provide a cardiovascular workout while building strength, flexibility and focus. Modifications and variations will be provided to allow all students to work at their own level. Register for a session.

CrossFit at Marquette
CrossFit combines weight training, bodyweight calisthenics, and short bursts of cardio to achieve a generalized fitness that improves cardio, stamina, flexibility, strength, speed, power, agility, accuracy, coordination and balance. No two classes are ever the same! 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. This class will be taught by Ryan Atkins from CrossFit Milwaukee. Two days/week minimum. 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, using modifications, rings, and balls. 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. 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 given. 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. By combining breath with each pose, this will help you deal with everyday life situations. Mats provided or you can bring your own. Immersive yoga in Engineering Hall’s Visualization Lab using high resolution nature videos. Register for a session.

Zumba®
Featuring Latin rhythms and easy to follow dance moves, Zumba® is a dance exercise class that keeps everyone motivated by creating a dance party atmosphere. Come join the party! 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. Please note: All payments are to be sent upon submitting your registration. Your spot will not be reserved until your payment is received. Payments can be sent through interoffice mail to Kristin Kipp in Schroeder Complex 244. You can send check or cash (exact amount please) or you can fill out the Fitness class credit card authorization form. Credit card authorization forms can be faxed to 8-7948 or feel free to drop off your payment in Cramer Hall 004A as well. For more information or questions, please contact Kristin Kipp at 8-5607 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 or scan and email it. 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 full refund will be given if cancellation is given two weeks before the class start date. 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.