# Summer Group Fitness Classes 2015

**May 4 – July 10, 2015 (10-Week Session)**  
**May 4 – August 14, 2015 (15-Week Session)**

<table>
<thead>
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<th>Monday</th>
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| 12:05-12:50p.m. CrossFit at Marquette  
Cramer 010 (Ryan) $100/$150  
Register                                                                 | 6-week Class  
5/26/15 – 6/30/15  
12:15-12:45p.m.  
Core Conditioning  
Cramer 050 (Marissa) $25  
Register  
8-Week Class  
7/7/15 -8/25/15  
12:05 – 12:50p.m.  
Irish Dance  
Cramer 050 (Brigid) $40  
Register | 10-week Class  
5/27/15-8/12/15  
12:05-12:50p.m.  
Immersive Spinning  
Engineering Hall 028 (Kristin) $75  
Register | 10-week Class  
6/4/15-8/6/15  
6:30 – 7:45a.m.  
Core Essence Yoga  
Sensenbrenner Hall (Jessica) $5/class  
Register | 12:05-12:50p.m.  
Zumba  
Cramer 050 (CJ) $50/$75  
Register |
| 12:00 – 1:00p.m. Core Essence Yoga  
Cramer 050 (Shayne) $5/class  
Register | 12:05 – 12:50p.m.  
Immersive Yoga  
Engineering Hall 028 (Jaime) $75/$110  
Register | 12:05-12:50p.m.  
CrossFit at Marquette  
Cramer 010 (Ryan) $100/$150  
Register | | |
| 1:05-1:50p.m. Pilates  
Cramer 050 (Joanna/Jaime) $50/$75  
Register | 4:05 – 4:50p.m.  
Immersive Yoga  
Engineering Hall 028 (Jaime) $75/$110  
Register | 4:05-12:50p.m.  
CrossFit at Marquette  
Cramer 010 (Ryan) $100/$150  
Register | | |
| 4:45-5:30p.m. Total Body Conditioning  
Cramer 050 (Marissa & Kristin) $50/$75  
Register | 4:45 – 5:30p.m.  
Yoga  
Cramer 050 (Jaime) $50/$75  
Register | | | |
| 5:00-6:00p.m. Therapeutic Yoga & Meditation  
Cramer 050 (Gretchen) $20  
Register | | | | |

**Make-up classes will be held August 17-28. 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.

**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 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, Immersive Spinning, Yoga and Immersive Yoga.
Class Descriptions:

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

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. Mats provided or you can bring your own. 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 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. Immersive spinning in Engineering Hall’s Visualization Lab using high resolution video. Register for a session

Therapeutic Yoga & Meditation
Drawing from the Integrative Yoga Therapy approach to wellness, this class combines yoga with modern holistic (mind-body-spirit) health practices. Participants are invited to integrate basic yoga postures, breath awareness, and optional meditation at the end of class. Ideal for beginners and intermediates looking to take time out of their busy schedules for relaxation and reconnection with themselves. 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 video. 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.