

Summer Group Fitness Classes 2017

May 1 – August 11, 2017

Monday	Tuesday	Wednesday	Thursday	
<p>12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p> <p>1:05-1:50p.m. Pilates Cramer 050 (Jaime) – \$50 FitPass</p> <p>4:45-5:30pm Barre Burner Cramer 050 (Lynette) – \$50 FitPass</p>	<p>12:05-12:50p.m. Immersive Cycling Rec Center Spin Rm \$50 FitPass</p> <p>1:05-1:50pm PiYo Cramer Hall 050 (Jaime) – \$50 FitPass</p> <p>4:45-5:30p.m. Total Body Conditioning Cramer 050 (Michaela) –\$50 FitPass</p>	<p>12:05-12:50p.m. Pilates Cramer 050 (Jaime) - \$50 FitPass</p> <p>12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p> <p>4:45-5:30pm BodyShredHIIT Cramer Hall 050 (Jaime) - \$50 FitPass This class will run outdoors most days.</p> <p>4:45-5:45pm Yoga for Every-Body Raynor Library CTL, 3rd Floor (Larry) - \$50 FitPass</p>	<p>12:05-12:50pm Barre by Barre District Cramer 050 (Christina) – \$50 FitPass</p> <p>12:15-1:00p.m. Mindfulness Meditation AMU 233 (Larry) – Free</p>	<p>FitPass – All access pass (excludes CrossFit & Mindfulness Meditation Class)</p> <p>FitPass+CrossFit – All access pass + 2 day CrossFit Class</p> <p>Online registrations and payments through Eventbrite. Click on the links below to register:</p> <p>FitPass - \$50</p> <p>FitPass+CrossFit - \$75</p> <p>Mindfulness Meditation - FREE!</p> <p>Please note: Immersive fitness and meditation classes will be offered in our new wellness space located in the lower level of Coughlin Hall. More information on how to use this space will be coming soon.</p>

Class Descriptions:

Barre Burner: Barre Burner is a total body workout that incorporates different techniques utilizing the ballet barre, free weights, and mat work. This workout will lengthen, stretch, tone, and sculpt to give you that long and lean dancer body that you have always wanted without feeling like you have two left feet!

Barre by Barre District: Barre is a hybrid of yoga, Pilates, and ballet. It is a low impact class focusing on isometric strength training combined with high reps of small range motions. During the class we utilize the barre for help with balance as well as stretches. No dance training needed, we modify for all levels of fitness.

BodyShred HIIT: This high intensity and endurance workout uses Jillian Michael's, The Biggest Loser, 3-2-1 interval approach. This includes three minutes of strength, two minutes of cardio and one minute of abs or active recovery. Jaime Wooten is a certified Body Shred Personal Trainer that customizes multi-level classes to help all participants achieve success.

CrossFit at Marquette: CrossFit combines weight training, bodyweight calisthenics, and short bursts of cardio to improve cardio, stamina, flexibility, strength, speed, power, agility, balance and coordination. 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. Taught by Ryan Atkins from CrossFit Milwaukee (2day/wk minimum – Price includes 2 days).

Yoga for Every-Body: This slower paced flow class provides all students with deep alignment instruction and breath control. It's a great way to learn how to connect deep breathing techniques with the asanas (the physical practice) of yoga at a much more accessible speed. The class will involve some challenging strength building, but will also provide a well-rounded amount of relaxation. This class is designed for all levels.

Immersive Cycling: An immersive, indoor cycling class that will use high resolution video to help you engage in the workout. This class is 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.

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.

PiYo: PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility, and it was designed for people who want the mind-body benefits of a yoga or Pilates workout, but with a higher-energy, higher-sweat class.

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.

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. Online payments through Eventbrite only. 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 [Group Fitness Waiver](#) and bring it to your first class or scan and email it to Kristin Kipp. Immersive fitness classes also require you to fill out the [Immersive Fitness Experience Waiver](#). If you are taking a yoga class for the first time, you must fill out the [Group Fitness Form](#) as well as the [Fitness Advantage Trainer Waiver](#). If you are taking the CrossFit class you'll need to fill out the [Group Fitness Waiver](#) and the [CrossFit Waiver](#).

Refund Policy: A full refund will be given if cancellation is given at least one week before the class start date. No refunds will be given if cancelling at a later date.

***Please note:** Drop in class registration for immersive fitness classes will open one week prior to class start date.

Same day registration up to 30 min prior to event.