### Winter/Spring Group Fitness Classes 2014

**January 6 – March 14, 2014 (10-Week Session)**

**January 6 – April 18, 2013 (15-Week Session)**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>12:05-12:50p.m. CrossFit at Marquette</td>
<td>12:05-12:50p.m. Pilates Cramer 050 (Joanna)</td>
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<td>12:05 – 12:50p.m. Yoga Zilber 025 (Jaime)</td>
<td>12:05-12:50p.m. Pilates Cramer 050 (Joanna)</td>
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<td>Cramer 010 (Ryan) $50/$75</td>
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<td>1:05-1:50p.m. Pilates Cramer 050 (Joanna)</td>
<td>12:05-12:50p.m. Pilates Zilber 025 (Marissa)</td>
<td>12:05-12:50p.m. CrossFit at Marquette</td>
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<td>4:50-5:35p.m. Total Body Conditioning</td>
<td>4:45 – 5:30p.m. Yoga Cramer 050 (Jaime)</td>
<td>4:50-5:35p.m. Total Body Conditioning</td>
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**Class Descriptions:**

- **Monday Pilates** – no class 1/20 & 4/14
- **Tuesday Pilates** – no class 1/7
- **Tuesday Total Body** – no class
- **Wednesday Pilates** – no class
- **Wednesday Spinning** – no class
- **Wednesday Yoga** – no class
- **Thursday Yoga** – no class
- **Friday Pilates** – no class

Make-up classes will be held April 21-25 and April 28 – May 2, 2014. 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 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: Yoga, Pilates, Spinning, and Total Body Conditioning. Cost for two classes: $85 for 10 weeks/$120 for 15 weeks. No discounts given for CrossFit or Core Conditioning.
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 fastness 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. Please note that our payment policy has changed and we can no longer accept late payments. All payments are to be sent upon submitting your registration. Payments will no longer be collected the first night of class. Participants who have registered, but have not paid, will not be able to attend class until payment is received. Payments can be sent through interoffice mail to Kristin Kipp in Schroeder Complex 237 (please allow one week for payment to be received). 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 also be scanned and emailed or faxed to 8-7948. Feel free to drop off your payment in Schroeder Complex 244 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. 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.