

Winter/Spring Group Fitness Classes 2018

January 2 – April 13, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>8-Week Session 1/29 – 4/2 12:05-12:50p.m. Mindfulness Meditation AMU 233 (Larry) – Free</p> <p>1:05-1:50p.m. Pilates Cramer 050 (Jaime) - \$50 FitPass</p> <p>4:45-5:30p.m. Total Body Cramer 050 (Nico) - \$50 FitPass</p>	<p>7:05-7:50a.m. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p> <p>Class Starts 1/16 12:05-12:50p.m. Immersive Cycling Rec Center Spin Rm \$50 FitPass</p> <p>1:05-1:50pm Barre by Barre District Cramer 050 (Christina) – \$50 FitPass</p> <p>4:45-5:30p.m. Zumba Cramer 050 (Lynette) - \$50 FitPass</p>	<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>Class Starts 1/16 4:05-4:50p.m. Immersive Cycling Rec Center Spin Rm \$50 FitPass</p> <p>4:45-5:30pm BodyShredHIIT Cramer Hall 050 (Jaime) - \$50 FitPass</p>	<p>7:05-7:50a.m. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p> <p>12:05 – 12:50p.m. PiYo Marquette Wellness Center - Coughlin (Jaime) \$50 FitPass</p> <p>4:45-5:30pm Barre by Barre District Cramer 050 (Angie) – \$50 FitPass</p>	<p>12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p> <p>12:05 – 12:50p.m. Yoga For Every-Body Marquette Wellness Center – Coughlin Hall (Larry) \$50 FitPass</p>	<p>FitPass – All access pass (excludes CrossFit & Mindfulness Meditation Class)</p> <p>FitPass+CrossFit – All access pass + 2 day CrossFit Class You must register for the T/Th class or the W/F class</p> <p>Online registrations and payments through Eventbrite.</p> <p>Click on the links below to register: FitPass - \$50 FitPass+CrossFit - \$75 Mindfulness Meditation – FREE!</p> <p>Free On Demand, Immersive Fitness & Meditation Classes offered in the Marquette Wellness Center in Coughlin Hall with 24/7 access.</p> <p>You must complete the online liability waiver for access.</p>

Class Descriptions:

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.

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.

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).

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.

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.

Zumba: Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

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.