### Fall Group Fitness Classes 2016
August 29 – December 9, 2016  
(10 or 15 Week Sessions Available)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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</table>
| 1:05-1:50p.m. **Pilates**  
Cramer 050  
(Jaime) - $50/$75  
Register | 12:05-12:50p.m. **Immersive Cycling**  
Rec Center  
Spinning Rm  
$50/$75  
Register | 12:15-1:00p.m. **Mindfulness Meditation**  
AMU 233  
(Larry) - $48  
Register | 12:05-12:50p.m. **Pilates**  
Cramer 050  
(Jaime) - $50/$75  
Register | 12:05-12:50p.m. **CrossFit at Marquette**  
Cramer 010  
(Ryan)-$100/$150  
*Price includes W/F  
Register |
| 4:45-5:30p.m. **Immersive Cardio Kickboxing**  
Engineering Hall  
028  
$50/$75  
Register | 12:05-12:50p.m. **Immersive Yoga**  
Cramer 050  
(Sonya) - $50/$75  
Register | 12:05-12:50p.m. **CrossFit at Marquette**  
Cramer 010  
(Ryan)-$100/$150  
*Price includes W/F  
Register | 12:05 – 12:50p.m. **Core Essence Yoga**  
Cramer 050  
(Shayne)-$50/$75  
Register |
| 4:45 – 5:30p.m. **Immersive Yoga**  
Engineering Hall  
028  
$50/$75  
Register | 4:45-5:30p.m. **Immersive Cycling**  
Rec Center  
Spinning Rm  
$50/$75  
Register | 4:45-5:30p.m. **Total Body Conditioning**  
Cramer 050  
(Sonya) - $50/$75  
Register |

**Make-up classes will be held December 12-23, 2016 if needed. Ask your instructor for details on class cancellations and make ups.**

**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.

**Online registrations and payments through Eventbrite only.** Just click on the link marked “Register” under the class you’d like to sign up for.

**On demand, single class option is available for purchase for Immersive Fitness Classes. Click the link below to register:**

- Immersive Cardio Kickboxing
- Immersive Cycling
- Immersive Meditation
- Immersive Yoga

**Please note:** Drop in class registration will open one week prior to class start date. Same day registration up to 30 min prior to event.
Class Descriptions:

Core Essence Yoga
This is a Vinyasa 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).

Gentle Flow Yoga/Meditation
In this 60-minute yoga class we will explore restorative yoga postures as well as gentle flow sequences that link movement with breath. Classes will start with centering followed by a gentle physical practice and end with meditation, breath work and integration of our practice to facilitate taking your yoga off of your mat and into the world. Modifications will be offered to make this class safe and accessible for all levels and bodies.

Immersive Cardio Kickboxing
Cardio Kickboxing is a high energy cardio class where you will jab and kick to the beat of the music. This class will be using high resolution video to take you through a great cardio workout. Low impact to high impact moves will be shown. All fitness levels welcome.

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.

Immersive Meditation
Join us in a relaxing setting to de-stress, re-focus and re-energize with an open eyed, guided meditation. Class themes focus on energy, relaxation, revitalization, chakras and moving meditation. Periods of silence will allow you to practice and focus on your breath. You can sit on the floor, in a chair or stand in these 15-30 min sessions.

Immersive Yoga
This is a multi-level Vinyasa style class that will use high resolution images and video to enhance your experience as you work on your 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.

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.

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
A multi-level Vinyasa class that offers a balance of strength, flexibility and endurance to challenge any student. Poses will be offered at varying levels with customized modifications as needed. Practice deepening your concentration, finding calm and linking breath through this invigorating sequence of sun salutations, standing poses, back bends and gentle inversions. This practice begins and ends with relaxation, breathing exercises and concentration/meditation to remove impurities and bring a sense of well-being and peace to the body and mind.

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.