

Fall Group Fitness Classes 2018

August 27 - December 14, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>12:00-12:45p.m. Burn N' Firm Rec Plex (Jacqueline) \$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. CrossFit at Marquette Cramer Hall 010 (Ryan)-\$ 75 FitPass + CrossFit</p>	<p>7:05-7:50a.m. CrossFit at Marquette Cramer Hall 010 (Ryan) \$ 75 FitPass + CrossFit</p>	<p>12:00-12:45p.m. Boot Camp Rec Plex (Kate) \$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</p> <p>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>
<p>1:05-1:50p.m. Pilates Cramer 050 (Lynette) \$50 FitPass</p>	<p>10/2 - 11/20 12:05-12:50p.m. Mindfulness Meditation AMU 233 (Larry) Free</p>	<p>12:05 - 12:50p.m. Yoga For Every-Body Wellness Center - Coughlin Hall (Larry) \$50 FitPass</p>	<p>12:05-12:50p.m. Immersive Cycling Rec Center Spin Rm \$50 FitPass</p>	<p>12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan) \$ 75 FitPass + CrossFit</p>	
<p>12:30-1:15pm Yin Yoga Zilber Hall 025 (Tamara) \$50 FitPass</p>	<p>1:05-1:50pm Barre by Barre District Cramer 050 (Christina) \$50 FitPass</p>	<p>12:00-12:45p.m. 25/20 Rec Plex (Jacqueline) \$50 FitPass</p>	<p>1:05 - 1:50p.m. PiYo Marquette Wellness Center - Coughlin (Jaime) \$50 FitPass</p>	<p>12:30-1:00pm F.I.T. Fridays Marquette Wellness Center - Coughlin Hall (Marissa) \$50 FitPass</p>	
<p>4:45-5:30p.m. Total Body Cramer 050 (Marissa) \$50 FitPass</p>	<p>4:45-5:30p.m. Zumba Cramer 050 (Lynette) \$50 FitPass</p>	<p>4:45-5:30pm BodyShredHIIT Cramer Hall 050 (Jaime) \$50 FitPass</p>	<p>4:45-5:30pm Barre by Barre District Cramer 050 (Angie) \$50 FitPass</p>		

Class Descriptions:

25/20: 25 minutes of interval training and 20 minutes of strength and core exercises.

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.

Burn N Firm: Work your muscles like you know you can in this fitness class for men and women. Cardio and toning class that will use aerobic and resistance work to blitz your every muscle.

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).

F.I.T. Fridays - Fun Interval Training on Fridays: This class will use body weight and various equipment for strength and cardio exercises. Exercises will be done in various interval times for 30 minutes. Come ready to move fast!

HILO: This workout combines the best of both Hi and Lo total body cardio. A ½ and ½ format that focuses completely on cardio for the entire body.

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.

Spin: This highly intense and fun class will get you working with inspirational and motivating music. Burn fat and strengthen and tone you legs, butt and hips in this great cardio endurance workout.

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.

Yin Yoga: Slow down, gain perspective and become more embodied in this Yin Yoga class. We move in a slower meditative state and hold each pose for about 3 – 5 minutes. You'll notice a reduction in stress, increased circulation and flexibility and fascia will release improving joint mobility.

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: Online payments through Eventbrite only. For more information or questions, please contact Kristin Kipp at 8-5607 or kristin.kipp@marquette.edu.

Release Forms: All employees are required to complete the online [Group Fitness Waiver](#) when registering for the first time. If you are taking a yoga class for the first time, you must also fill out the [Fitness Advantage Trainer 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.