

Winter/Spring Group Fitness Classes 2019

January 7 - April 19, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	REGISTER:
	7:05-7:50a.m. CrossFit at Marquette Cramer Hall 010 (Ryan)		7:05-7:50a.m. CrossFit at Marquette Cramer Hall 010 (Ryan)		<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>Mindfulness Meditation – FREE!</p> <p>WAIVER NEEDED FOR FIRST TIME FITNESS CLASS PARTICIPANTS</p> <p>Free On Demand, Immersive Fitness & Meditation Classes offered in the Marquette Wellness Center in Coughlin Hall with 24/7 access.</p> <p>Complete the online liability waiver for access to the Marquette Wellness Center.</p>
12:00-12:45p.m. Burn N' Firm Rec Plex (Jacqueline)	12:00-12:45p.m. Pump Rec Plex (Jacqueline)	12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan)	12:00-12:45p.m. Burn N' Firm Rec Plex (Jacqueline)	12:00-12:45p.m. Boot Camp Rec Plex (Kate)	
1:05-1:50p.m. Pilates Cramer 050 (Lynette)	12:05-12:50p.m. Immersive Cycling Rec Center Spin Rm	12:30 – 1:15p.m. Yoga For Every-Body Wellness Center (Larry)	2/5 – 3/28 12:15-12:45p.m. Mindfulness Meditation – Open Sit AMU 233 (Larry) Free	12:05-12:50p.m. CrossFit at Marquette Cramer Hall 010 (Ryan)	
	2/5 – 3/28 12:05-12:50p.m. Mindfulness Meditation – Guided Series AMU 233 (Larry) Free	12:00-12:45p.m. 25/20 Rec Plex (Jacqueline)	1:05 – 1:50p.m. PiYo Marquette Wellness Center - Coughlin (Jaime)	12:00-12:30pm F.I.T. Fridays Wellness Center (Marissa)	
4:45 – 5:30pm Yoga Flow Wellness Center (Heidi)	1:05-1:50pm Yin/Yang Yoga Zilber Hall 025 (Tamara)				
4:45-5:30p.m. Total Body Cramer 050 (Marissa/Jacqueline)	1:05-1:50pm Barre by Barre District Cramer 050 (Christina)	4:45-5:30pm BodyShredHIIT Cramer Hall 050 (Jaime)	4:45-5:30pm Barre by Barre District Cramer 050 (Annie)		
	4:45-5:30p.m. Zumba Cramer 050 (Lynette)				

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.

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. (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. Great for those who need a non-impact class to help build cardiovascular endurance, or for those who just love cycling!

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.

Pump: Noontime Pump is a whole-body strength and toning workout that anyone can do! It uses low weights and high repetition, with moves coordinated to music to give a fun and energetic 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: Generate some heat with vinyasa flow for the first half of class and then ease into some meditative, fascia releasing Yin poses for the second half of class. Modifications will be offered for all levels.

Yoga Flow: Yoga flow is a sequence of movements, connected with breath to increase strength, flexibility, endurance, and mindfulness. The sequences are intentional with the goal of leading students to one peak pose. Most classes will include standing postures, backbends, forward bends, and other strength building movements. Yoga Flow is accessible for all individuals; modifications are offered to ensure all students can benefit from each movement.

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.