### Fall Group Fitness Classes 2014
September 1 – November 7, 2014 (10-Week Session)
September 1 – December 12, 2014 (15-Week Session)

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<th>Monday</th>
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<tr>
<td><strong>10 week class</strong>&lt;br&gt;7:05-7:50a.m. Spinng Helfaer Rec Center Spinning Rm (Kristin) $50/$75&lt;br&gt;12:05-12:50p.m. CrossFit 1 at Marquette Cramer 010 (Ryan) $100/$150&lt;br&gt;1:05-1:50p.m. Pilates Cramer 050 (Joanna) $50/$75</td>
<td><strong>10 week class</strong>&lt;br&gt;Starts 9/16/14&lt;br&gt;12:15-12:45p.m. Core Conditioning MUMC 707 Bldg (Marissa) $35&lt;br&gt;Register</td>
<td>7:05-7:50a.m. Tai Chi &amp; Qigong Cramer Hall 050 (John) $50/$75&lt;br&gt;<strong>CANCELLED</strong>&lt;br&gt;12:05-12:50p.m. Spinng Helfaer Rec Center Spinning Rm (Kristin) $50/$75&lt;br&gt;<strong>CANCELLED</strong></td>
<td>6:30 – 7:45a.m. Yoga Sensenbrenner Hall (Jessica) $5/class&lt;br&gt;Core Essence Register</td>
<td><strong>12:05-12:50p.m. Pilates Cramer 050 (Joanna) $50/$75&lt;br&gt;Register</strong>&lt;br&gt;12:00-1:00p.m. Yoga MUMC 707 Bldg (Shayna) $5/class&lt;br&gt;Core Essence Register</td>
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<td><strong>8 week class</strong>&lt;br&gt;9/1 – 11/19&lt;br&gt;5:00-6:00p.m. Therapeutic Yoga &amp; Meditation Cramer 050 (Marissa) $50/$75&lt;br&gt;CLOSED</td>
<td><strong>8 week class</strong>&lt;br&gt;10/1 – 11/19&lt;br&gt;5:00-6:00p.m. Therapeutic Yoga &amp; Meditation MUMC 707 Bldg (Gretchen) $40&lt;br&gt;Register</td>
<td>4:45-5:30p.m. CrossFit 2 at Marquette Cramer 010 (Ryan) $100/$150&lt;br&gt;CLOSED</td>
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**Discounts:**<br>- 15% discount for two or more, 45 minute classes for 10 weeks.<br>- 20% discount for two or more, 45 minute classes for 15 weeks. Any combination of the following classes can be used: Yoga w/ Jaime, Pilates, Spinning, Tai Chi, and Total Body Conditioning. Cost for two classes: $85 for 10 weeks/$120 for 15 weeks. No discounts given for CrossFit, Therapeutic Yoga, Core Conditioning or Yoga w/ Core Essence Instructors.<br><br>**Make-up classes will be held**<br>December 15 – 19, 2014. Ask your instructor for details.<br><br>**Free Trial**<br>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.
Class Descriptions:

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. No two classes are ever the same! 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. 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

Tai Chi & Qigong
Learn these ancient mind-body exercises to improve your functional strength and flexibility, as well as your, physical and emotional performance potential. Register for a session

Therapeutic Yoga & Meditation
Drawing from the Integrative Yoga Therapy approach to wellness, this class combines yoga with modern holistic (mind-body-spirit) health practices. Participants are invited to integrate basic yoga postures, breath awareness, and optional meditation at the end of class. Ideal for beginners and intermediates looking to take time out of their busy schedules for relaxation and reconnection with themselves. 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 given. 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. 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: All payments are to be sent upon submitting your registration. 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 244. You can send check or cash (exact amount please) or you can fill out the credit card authorization form. Credit card authorization forms can be scanned and emailed or faxed to 8-7948 or feel free to drop off your payment in Cramer Hall 004A 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 or scan and email it. 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.