# Georgetown Law Sport & Fitness Center Group Exercise Schedule

**Spring 2014 beginning Monday, January 13**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>7:00-7:30am Quick Spin Kylene Studio 2</td>
<td>7:35-8:00am Body Blast Kylene Studio 1</td>
<td>12:15-12:45pm Abession Rhonda Studio 2</td>
<td>12:50-1:15pm Abession Rhonda Studio 1</td>
<td>12:00-12:45pm Women &amp; Weights Molly Studio 1</td>
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<tr>
<td>12:00-12:45pm Body Blast Kylene Studio 1</td>
<td>12:15-12:45pm Quick Spin Molly Studio 2</td>
<td>12:00-12:45pm Sports Circuits Molly Studio 1</td>
<td>12:15-12:45 pm Quick Spin Rhonda Studio 2</td>
<td>12:00-12:45pm Muscle Max Rhonda Studio 1</td>
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<tr>
<td>1:00-2:15pm Yoga Galina Studio 3</td>
<td>5:00-5:30pm Abcession Rhonda Studio 1</td>
<td>5:00-6:30pm Yoga Galina Studio 3</td>
<td>5:00-5:25pm Abession Kylene Studio 1</td>
<td>2:30-3:30pm Special Ops Training Kevin Studio 1</td>
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<td>4:30-5:15pm Spin Rhonda Studio 2</td>
<td>5:30-6:20pm 60 Second Sweat &amp; Sculpt Rhonda Studio 1</td>
<td>5:45-6:40pm Cardio Kicks Ioana Studio 1</td>
<td>5:30-6:15pm Buns, Hips &amp; Thighs Rhonda Studio 1</td>
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<tr>
<td>5:45-6:45pm Yoga John H. Studio 3</td>
<td>5:45-6:45pm Sports Circuits Molly Studio 1</td>
<td>5:45-6:40pm Yoga Danielle Studio 1</td>
<td>5:45-6:45pm Yoga John H. Studio 3</td>
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<tr>
<td>7:00-8:00pm Zumba La’Vonne Studio 1</td>
<td>6:30-7:15pm Muscle Max Rhonda Studio 1</td>
<td>6:45-7:45pm Zumba Danielle Studio 1</td>
<td>5:45-6:45pm Hip Hop Dance Danielle Studio 1</td>
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<tr>
<td>8:00-8:45pm Spin Britt Studio 2</td>
<td>7:00-8:00pm Zumba La’Vonne Studio 1</td>
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<td>6:15-7:00pm</td>
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Georgetown Law Sport & Fitness Center Group Exercise Schedule
Spring 2014 beginning Monday, January 13th

Please note the group exercise classes are subject to change during limited hours of operation due to holidays and/or breaks. Refer to our web-site:

GROUP EXERCISE GUIDELINES
☐ Classes are operated on a “first come, first served” basis.
☐ No participants will be permitted to enter class after 10 minutes due to safety concerns and to avoid disruptions.
☐ All participants should notify the instructor if leaving early.
☐ Athletic shoes (with the exception of Yoga and willPower & grace) and proper attire are required for all group fitness classes.
☐ Classes will be subject to cancellation if attendance is consistently low

CLASS DESCRIPTIONS
Abession: This 25 minute class will focus on developing your "core" muscles, specifically abdominal and lower back muscles. Movements can be done on the floor or while standing. Get in and get toned. You’ll have fun and before you know it you’ll be done!

Body Blast: There is no better way to start your morning than with a little sweat! This class will get your heart rate pumping with a combination of cardio and strength training circuits. No more hitting the snooze button, it's time to work!

Buns, Hips & Thighs: This 45 minute class will take you from standing exercises which work your midsection down, by doing various types of squats and lunges to the floor for good old-fashioned burning leg work. You’ll finish up with a good stretch to leave you feeling great!

Cardio Kicks: Stress wearing you down? Blow off some steam in this intense, fast-paced, calorie-busting 1-hour cardio kickboxing class. This whole-body workout incorporates basic kickboxing punches and kicks, as well as body weight exercises and ab work, guaranteed to leave you physically exhausted but mentally energized.

Hip Hop Dance: This "follow-the-leader" style cardio class (comparable to Zumba) features hip hop, reggae, and dance music and is sure to keep the blood pumping leaving you exhausted!

Muscle Max: This strength training class uses our new group exercise class plate loaded barbells, as well as your own body weight, to maximize your strength and define the muscles of your body. Each muscle group will get worked separately (legs, chest, back, triceps, biceps, shoulders and abs). When class is over you’ll have gotten a full body workout. Come prepared to feel strong!

Special Ops Training: This class is an intense high-impact timed circuit that uses exercise routines including advanced calisthenics, plyometric movements & strength conditioning training. Benefits: Better looking physique, stronger body & core, most importantly: supports mental focus.

Spin: Take your bike riding to a new gear with this exciting stationary cycling class. Instructors will challenge you to get the most out of your riding experience! (Quick Spin – 30 minutes of the same®) All fitness levels are invited, as YOU control speed and resistance during your workout.

Sports Circuits: This class will have a series of 6-10 “stations” where you will spend 45-60 seconds doing the same exercise. After 15 seconds rest, you’re on to the next station/exercise! Stations will be a combination of cardio drills, strength training exercises, and sports/athletic movements. We’ll get your heart rate up and leave your muscles exhausted!

60 Second Sweat & Sculpt: A combination of one minute cardio interval drills and muscle conditioning using weights, barbells and body bars. You’ll leave completely sweaty but feeling sculpted!

willPower & grace: Mind-body fusion workout: Cardiovascular barefoot workout to facilitate proper movement patterns & to strengthen the body.

Women & Weights: Join us for this full body workout that consists of a combination of cardio drills, as well as strength work both with equipment and without. During more comfortable months, we’ll head outside for stairwork!

Yoga: A workout that balances the body, spirit, and mind. All levels are encouraged! Practice basic postures that improve alignment, flexibility, strength and balance. Technique areas covered include Hatha yoga basics and Vinyasa Flow which links a series of postures together with breath for relaxation and transformation.

Zumba: This easy to follow, Latin-inspired, calorie-burning, dance fitness party will keep you moving in the right direction. Come get your cardio without even realizing it! Ditch the workout, join the party!