## Scott K. Ginsburg Sport & Fitness Center Group Exercise Schedule
### Spring 2016 beginning Monday, March 14, 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12:00-12:45pm</strong></td>
<td><strong>12:15-12:45pm</strong></td>
<td><strong>12:50-1:15pm</strong></td>
<td><strong>12:15-12:45 pm</strong></td>
<td><strong>12:50-1:15pm</strong></td>
<td><strong>12:00-12:45pm</strong></td>
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<tr>
<td>Body Blast</td>
<td>Quick Cycle</td>
<td>Absession</td>
<td>Quick Cycle</td>
<td>Absession</td>
<td>Full Body Strength</td>
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<tr>
<td>Kylene</td>
<td>Molly</td>
<td>Molly</td>
<td>Rhonda</td>
<td>Rhonda</td>
<td>Molly</td>
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<tr>
<td>Studio 1</td>
<td>Studio 2</td>
<td>Studio 1</td>
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<td><strong>1:00-2:15pm</strong></td>
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<tr>
<td>Yoga</td>
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<td>Galina</td>
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<td>Studio 3</td>
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<tr>
<td><strong>4:30-5:15pm</strong></td>
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<td><strong>5:00-5:25pm</strong></td>
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<tr>
<td>Indoor Cycle</td>
<td>Absession</td>
<td>Absession</td>
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<td>Rhonda</td>
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<td>Studio 2</td>
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<td><strong>5:45-6:30pm</strong></td>
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<td><strong>5:45-6:45pm</strong></td>
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<tr>
<td>Sports Circuits</td>
<td>60 Second</td>
<td>Indoor Cycle</td>
<td>Zumba</td>
<td>Buns, Hips &amp; Thighs</td>
<td>Basic Yoga</td>
</tr>
<tr>
<td>Molly</td>
<td>Sweat &amp; Sculpt</td>
<td>Britt</td>
<td>La'Vonne</td>
<td>Rhonda</td>
<td>Abigail</td>
</tr>
<tr>
<td>Studio 1</td>
<td>Rhonda</td>
<td>Studio 2</td>
<td>Studio 1</td>
<td>Studio 1</td>
<td>Studio 3</td>
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</tbody>
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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: [http://www.law.georgetown.edu/campus-services/fitness/programs-services.cfm](http://www.law.georgetown.edu/campus-services/fitness/programs-services.cfm) / twitter [http://twitter.com/GtownLawFitness](http://twitter.com/GtownLawFitness) /FB page

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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 The willPower Method) and proper attire are required for all group fitness classes.
☐ Classes will be subject to cancellation if attendance is consistently low

CLASS DESCRIPTIONS

Absession: 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: 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!

Core, Cardio & Balance: This 60 minute class will leave your muscles confused! Get your cardio work out, then do some boot camp-type strength training followed by a nice cool down with Pilates-like stretching.

Cycle: 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 Cycle – 30 minutes of the same) All fitness levels are invited, as YOU control speed and resistance during your workout.

Full Body Strength: Join us for this full body work out that consists of a combination of cardio drills, as well as strength work, both with equipment and without. We’ll leave your muscles shaking for the weekend!

Hip Hop Cardio: Hip Hop Cardio offers an intense cardiovascular workout, in addition to teaching basic Hip Hop movements and technique. The class is ideal for anyone looking to tone muscles, achieve weight loss and/or increase stamina, all while indulging in a fun-filled dance activity that feels more like a party than a 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, agility, plyometrics 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!

The willPower Method: The willPower method is a cardiovascular and strength training fusion program suitable for athletes and fitness practitioners of all levels. This sweaty, full-body, barefoot workout combines alignment-based movements from Pilates and yoga with strong, athletic calisthenics and dance principals. Leave your shoes at home, and come ready to work from head to toe(s)!

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. (Basic Yoga: Start at the very beginning! Designed for the beginners to walk in with zero knowledge of Yoga, and walk out with some basic knowledge to build on!)

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!