<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>12:00-12:45pm</td>
<td>12:15-12:45pm</td>
<td>12:50-1:15pm</td>
<td>12:15-12:45pm</td>
<td>12:50-1:15pm</td>
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</tbody>
</table>
| Body Blast  
Kylene  
Studio 1 | Quick Cycle  
Molly  
Studio 2 | Absession  
Molly  
Studio 1 | Quick Cycle  
Rhonda  
Studio 2 | Absession  
Rhonda  
Studio 1 | Full Body Strength  
Molly  
Studio 1 |
| 1:00-2:15pm | 4:30-5:15pm | 5:00-6:00pm | 5:00-5:25pm | 5:00-5:25pm |  |
| Yoga  
Galina  
Studio 3 | Indoor Cycle  
Rhonda  
Studio 2 | Yoga  
Galina  
Studio 3 | Absession  
Kylene  
Studio 1 |  |
| 5:20-6:05pm | 5:30-6:20pm | 5:30-6:15pm | 5:30-6:15pm |  |
| Sports Circuits  
Molly  
Studio 1 | 60 Second Sweat & Sculpt  
Rhonda  
Studio 1 | Zumba  
La’Vonne  
Studio 1 | Buns, Hips & Thighs  
Rhonda  
Studio 1 |  |
| 6:30-7:30pm | 5:45-6:30pm |  |
| Core, Cardio & Balance  
Taryn  
Studio 1 | Indoor Cycle  
Britt  
Studio 2 |  |

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 [http://www.facebook.com/pages/Georgetown-Law-Sport-Fitness-Center/100242490080303](http://www.facebook.com/pages/Georgetown-Law-Sport-Fitness-Center/100242490080303)
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

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! Get that lunchtime work out in so you are energized to tackle the afternoon!

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.

Full Body Strength: This class will use all types of equipment, or sometimes just your body weight, but don’t be deceived! You’ll work your entire body starting with the major muscle groups, and your legs, chest, back and abs will all be feelin’ it!

Indoor 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! All fitness levels are invited, as you control speed and resistance during your workout. (Quick Cycle – 30 minutes of the same)

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!

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!

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!