Gym Etiquette to Follow at the Sport & Fitness Center

Let's keep the germs out. If you have something contagious, please avoid the gym. However, if you’re getting better from a cold use your judgment. Please keep your hands clean and don't touch anything after you’ve sneezed or coughed- wipe up first!

Odors/fragrances. Please use deodorant (clean body) and wear washed exercise clothing to keep odor smells out. Also, we ask you to avoid perfume, cologne, and other fragrances as many people have allergies to such toiletries.

Learn how to read other people's cues. Some people don’t mind talking while working out but some people would rather not have a conversation and want to focus on their workout. Try to notice this!

Time and use of equipment. During peak rush hours, be mindful of how much time you're spending on machines and make sure you allow others to work in-between sets with you on strength machines.

Pick up after yourself. Please return towels, tissues, kettle balls, weights (re-rack them), etc. in their proper place.

Remember, it's the gym! This is not a place for loud socializing, taking phone calls, or doing other non-gym related activities. The purpose is for exercising.

Be honest about your fitness level with personal trainers and group exercise instructors. It takes time to increase your fitness level so be honest about your current activity level, including disclosing any injuries or things your trainer/instructor should know. Their job is to train/teach you safely, but they need you to meet them halfway.

Be considerate of others and our beautiful facility. We pride ourselves in keeping the Sport & Fitness Center clean, organized, and safe for our community. If you notice anyone abusing our facility, or issues with any equipment or members, please let our staff know! Our goal is that everyone enjoys their experience while here working out here with us!
Meet Jeff!

Jeff is a graduate of Largo Senior High School in Largo, Md. And attended P.G. Community College. Jeff then enlisted in U.S. Army at the age of 20. During this time he traveled to Germany, France, Netherlands, and Communist East Berlin while serving his country.

Over the past 8 years Jeff has worked in the hospitality field, as a concierge, and he currently is a security guard for a gated condominium community in Northwest D.C.

Jeff has worked for Washington Sports Club for the past 7 years and we are glad to have him with us here at our facility!

Jeff is all about health and fitness and loves to see members and their guests coming to the Sport & Fitness Center to workout on the third floor, swim, play sports, and meet their personal goals to improve their well-being.

“Happiness is mostly a byproduct of doing what makes us feel fulfilled.”

- Benjamin Spock

Meet George!

Our Member of the Month

George E. Belton, a native Washingtonian, Georgetown Law’s Xerox Account Coordinator. George has been employed at the Law Center for the past 10 years and is a well-recognized friendly face among the community.

In his spare time, he enjoys music including playing the bass, drums, and also writing music. He also enjoys playing basketball, participating various fitness activities, and eating food!

“The Sport & Fitness Center is a nice gym that is quiet and has friendly staff. I like to, in no particular order, do a dumbbell workout, light cardio on the machines, calisthenics, and shoot jumpers when I come in.”

We’d like to thank George for all his prompt assistance when we need him at the Sport & Fitness Center and thank him for working out with us - Sport and Fitness Management.

NEW CLASS!

Beginning Wednesday, August 31st, we’ll have a weekly group exercise class in the pool! Join Richelle for Aqua Boot Camp from 12:15-1:00pm. Swimming and cycling interval drills as well as resistance training and calisthenics will challenge your body a different way! All swim levels are welcome!
To your health!
In health psychology, no matter what the subject matter, much of what I compose into my presentations encompasses the 4 mental toughness skills:

- **Motivation**
- **Confidence**
- **Concentration**
- **Emotional & Physiological Control**

Moreover, those of us who are fitness professionals often stress these 4 components consistently, in conjunction with training and nutrition, to give the ultimate performance advantage to our clients. **So for those of you joining our Sport & Fitness Center we welcome you here and we welcome you to take the challenge for September that is focused on self-motivation.**

When it comes to motivation and exercise, people aim either to seek pleasure or to avoid pain. **But how about changing this thinking?** Instead, let’s integrate a healthy psychology approach into our exercise philosophy and use the term **achievement.**

People who are motivated by a need for achievement and success place themselves in challenging situations that create opportunities for growth that also boost one’s self-esteem.

So let’s change our perspective and motivation by concentrating on the benefits of exercising that result in over-all personal growth! Success and achievement, the dominant thoughts!

- **For example, when you’re working out think about what do you want, why do you want it so badly, and how will it improve your life?**

With a strong, meaningful, and clear vision your evoke why you’re here and embrace the “temporary discomfort you might feel” while exercising as you’ll be able to mentally get through it with a powerful purpose; thus you can put any fears aside and gathering up whatever energy you’ll need to work as hard and as smart as possibly to reach your fitness goals!

More to come from a health psychology perceptive,

Rhonda Bompensa
If you’re looking to store belongings at the gym, here are some of your options. Lockers can be paid for at the front desk.

**Fall Hours of Operation**
- Sunday: 9:00 AM — 8:00 PM
- Monday: 6:30 AM — 10:30 PM
- Tuesday: 6:30 AM — 10:30 PM
- Wednesday: 6:30 AM — 10:30 PM
- Thursday: 6:30 AM — 10:30 PM
- Friday: 6:30 AM — 8:00 PM
- Saturday: 9:00 AM — 6:00 PM

*Regular Fall Hours resume on Tuesday,* **September 5th**

**Labor Day Weekend Hours of Operation**
- **Saturday & Sunday, September 3rd & 4th:** 9:00am-6:00pm
- **Monday, September 5th:** CLOSED

**Sept 1-May 31:**
- 1/3 hallway: $67.50
- 1/2 size: $180
- 1/3 size: $112.50
- Day locker $225

**Sept 1-Dec 31:**
- 1/3 hallway: $30
- 1/2 size: $80
- 1/3 size: $50
- Day locker $100

**Sept 1-Aug 31:**
- 1/3 hallway $90
- Fee 1/2 size $240
- Fee 1/3 size $150
- Fee Day locker $300

**Open-ended EFT (1st of the month):**
- 1/3 size hallway $7.50/month
- 1/2 size $20/month
- 1/3 size $12.50/month
- Day lockers $25/month

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