President’s Day Hours:
Saturday February 14th:
9:00 AM — 6:00 PM
Sunday February 15th:
9:00 AM — 8:00 PM
Monday February 16th:
10:00 AM — 6:00 PM

Fit is not a destination, it’s a way of life!

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How to Time Manage Your Workout

The number one reason people give for not working out is *time*. People believe they do have enough time in the day to squeeze in a class, yoga, run, lift, swim, etc. If you are someone who believes time is their greatest obstacle to working out than ask yourself this question: Are you making exercise a priority?

Yes, class is important. Yes, studying can be all consuming. Yes, searching for the perfect internship / externship / job is never ending. Yet, is spending down time scrolling through Netflix or social media a good use of your free time? Is happy hour more important than exercise? If it this, than exercise is not a priority.

For those individuals who are struggling to make it a priority the first step is putting it on your calendar. Just as you would make a new color tab for class, schedule blocks of time for exercise. You blocked off 4 hours of time to study? Schedule a 30 minute study break and get in a workout. Give your brain a rest and get some blood pumping. You will come back more focused and energized than had you pushed through.

In addition to putting exercise on your daily calendar, another good step is finding a workout buddy. Someone who will push you when you don’t want to go and vice versa. Schedule workouts you both like to do so you are more likely to stick with it.

Lastly, diet, sleep, and exercise all go hand in hand. You need to aim for a consistent sleep pattern so you don’t hit that mid day slump. Maybe you know you are someone who loses motivation to workout as the day goes on. Try incorporating a morning workout. Pack your workout clothes the night before and hit the gym first thing. In regards to diet, make as much as you can at home to bring with you to campus. You’re less likely to grab fillers throughout the day if you plan your meals and snacks ahead of time.

Meet Jabari!

If you are regular lap swimmer here at the sport and fitness center, than you have met Jabari. In fact, you probably know him better as “JB.” He is known to greet members with a warm smile, exchange stroke technique tips for cooking advice, and make the pool an overall inviting place to be.

Jabari has been working at the facility as a lifeguard and swim instructor for about 3 years. He says what he enjoys most about his position is watching his swim lessons progress from week to week.

When Jabari isn’t lifeguarding and teaching lessons, you can find him working out at a UFC gym in Arlington. In addition to staying in shape, the gym is helping him prepare for his taekwondo black belt test in April! Good Luck JB!
Member Highlight:

Jay Thomas

A member of the faculty since 2003, Jay joined the sport and fitness center shortly after it opened. Among his more memorable moments at the fitness center was falling off the stair climber in plain sight of several of his students. Not to be discouraged, Jay has since mastered the art of the stair climber. All the same, he prefers to do his strength workouts at home, unobserved by more able-bodied members of the J.D. class.

Jay is best known to the sport and fitness staff as the “grammar police.” He is always offering his kind grammatical corrections to the wordings of various signs posted around the facility. Therefore, we could think of no one more deserving of our first faculty member highlight than Jay!

*Side note: Jay was disappointed to learn that no actual privileges come with this honor.

Little Lawyers Swimming Laps!

Year-round group swimming lessons have finally made their way to the fitness center pool. The program was created for children (ages 4+) to participate in our acclaimed Saturday morning swim program.

We encourage all faculty, staff and students with children to join the program. It is available to all members and non-members of the fitness center. We have taken a different approach to teaching swimming by providing:

- Weekly progress reports with an update on how your child is doing. Along with home work and refrigerator reminders.

- Smaller class sizes that will allow your children to focus.

The program has gone off without a hitch. Current class slots filled and a considerable waitlist is growing for February!

The program was created to be a building block for your child’s future. We provide four levels of instruction:

Mommy & Me, Jurorfish, Lawyerfish, Judgefish

To register for group and private swimming lessons email: BJW63@law.georgetown.edu
Fall Semester 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 — 5:00 PM