FITNESS MATTERS

Scott K. Ginsburg Sport & Fitness Center

Welcome Back

Group Exercise: The new group exercise schedule is posted around the facility as well as on the website and Facebook page. Classes are free and do not require advanced sign up. All classes are taught to all levels so modifications are provided. Show up, have fun, & get in a great workout!

Boxing: Begins 9/15. Sign up @ the front desk.

When: Tuesdays from 7-8:30 PM (beginners) & 8:45–10:15 PM (intermediate)

Cost: $45 for 6 weeks or $90 for both classes

3v3 Intramural Basketball: A Co-ed, self-officiated league. Sign-ups are until 9/16 @ the front desk!

When: Monday, Tuesday, & Thursday evenings with games @ 7, 8, & 9 PM

Cost: $20 per team

Sport & Fitness Center Renaming Ceremony!

When: Tuesday September 8th from 2-3:30 PM

In addition to the renaming ceremony, a series of specialty group exercise classes will be held throughout the afternoon. Come check them out!

11:45 AM - 12:15 PM: Hip-Hop Cardio Demo with Taryn in Studio 1

12:00 PM - 2:00 PM: Boxing Demo with Jamie in Studio 3

1:45 PM - 2:15 PM: Body Blast mini class with Kylene in Studio 1

3:30 PM - 4:00 PM: Yoga Class with Maritza in Studio 3

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“I use aerobics music for my ringtones. Every time I get a call, I can sneak in an extra 15-second workout!”
Meet Tylesha

Tylesha has been a part of the Scott K. Ginsburg Sport & Fitness Center staff for three years. She works as one of the front desk associates, whose duties include answering membership questions, assisting members with other fitness center related inquiries, taking payment, and being knowledgeable about the programs offered at the facility. If you have a question, our front desk associates have an answer and Tylesha is no exception!

She says, “I enjoy working at the sport & fitness center because the students make my day! I’ve made friends with a good number of the students over the past three years.”

Outside of work, Tylesha or “Ty”, as she is known to the fitness staff, is true “sneaker head.” Her collection is extensive and pretty impressive! She also enjoys cooking, watching movies, and spending time with her family. She is the oldest of seven kids!

Stop by and introduce yourself to Ty if you don’t already know her.

Member Highlight:

Dean Treanor

Ever since I arrived at Georgetown Law, I have been impressed with the Fitness Center. Georgetown Law has a philosophy of educating the whole person, and the fitness center reflects that philosophy. Scott Ginsburg very generously made the gift that made it possible for us to have this facility, and I know from many students, faculty, and staff what a difference it makes.

After years of being impressed with the Center, about a year ago, I began using it regularly. In particular, I have been working with Dave Swerdloff, who is a terrific trainer. Like others who have been doing exercises under Dave’s supervision, I wouldn’t say I am eager for my sessions because I certainly don’t find them easy! But they have been a big help for me. I really appreciate the fitness center. I am grateful to everyone who works so hard to make it such a success, and I urge everyone at Georgetown Law to make use of it!

Eggplant “Meatballs”

Ingredients:

- 1/2 tbsp olive oil
- 1 1/4 lbs unpeeled eggplant, cut into 1-inch pieces
- kosher salt
- 1/4 tsp black pepper
- 2 garlic cloves, crushed
- 2 tbsp chopped basil, plus leaves for garnish
- 1 1/2 cups Italian seasoned breadcrumbs
- 1 large egg, beaten
- 2 ounces Pecorino Romano cheese, freshly grated, plus more for serving
- 1 tablespoon chopped flat-leaf parsley

Directions: Heat the oven to 375°F. Spray a large rimmed baking sheet with cooking spray. Place 1/2 tablespoon olive oil in a large nonstick skillet over medium high heat. When hot add the eggplant and 1/4 cup water. Season with salt and pepper to taste and cook, stirring occasionally until tender, 10 to 12 minutes. Transfer to the bowl of a food processor and pulse a few times. Transfer to a bowl and add bread crumbs, beaten egg, Romano cheese, parsley, garlic and chopped basil into the eggplant. Season with 1/2 teaspoon kosher salt and 1/8 teaspoon of pepper. Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transfer to the prepared baking sheet. Bake until firm and browned, about 20 to 25 minutes. Heat the sauce in a large deep skillet to warm the sauce. Add the meatballs to a tomato based sauce and simmer for 5 minutes. Garnish the meatballs with basil leaves and serve with ricotta cheese if desired.

Recipe from: skinnytaste.com
Ask the Trainer:

Q: What are some benefits to having a personal trainer? Is it worth the money?

A: Hiring a personal trainer is an investment in your health! Working out with a trainer, one on one, has multiple benefits including:

1. **Personalized Workouts**: Every exercise is designed with an individual’s goals in mind.

2. **Instruction**: A trainer teaches proper exercise technique, which reduces the risk of injury and sets clients up for success on their own.

3. **Motivation**: Trainers are there to encourage their clients, challenge them, and keep them going when the exercise gets difficult.

4. **Accountability**: A lack of commitment to get to the gym can be a reason why some people don’t go. Hiring a trainer means there will be someone checking in on you and your progress and holding you to a schedule.

5. **Variety**: Trainers teach their clients a variety of exercise methods to keep it interesting as well as challenging.

6. **Cost**: Training @ Scott K. Ginsburg Sport & Fitness is affordable! Our packages are 50% cheaper than Vida Fitness and 60% cheaper than Balance Gym!

Meet our Personal Trainers:

Dave Swerdloff: 10 + years of experience training novices, athletes, golden agers, & clients rehabilitating an injury. He prides himself on listening to his clients needs, assessing, and then designing a continuum of safe, challenging, fun & effective workouts!

Kylene Dey: 5 + years of experience with general fitness clients, triathletes, high school & college level athletes. In addition to her personal training certification, she holds a certification in sports performance, as well as a MS in Exercise Science. She is here to help you succeed!

Rhonda Bompensa: 20 + years in the health and wellness industry. Has served as an educator, manager, trainer, group exercise instructor, and coach. She is currently studying to receive her PhD in Health Psychology.

Kevin Barber: 14 + years of experience training high school, college, and professional level athletes, as well as general fitness clients. He takes his clients health & wellness personally, working to help his clients achieve all of their fitness goals!
Fall Semester Hours

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

Please Plan your workouts accordingly:

The pool closes 15 minutes prior to the facility  
Locker Rooms close at the given closing time

Labor Day Hours

Saturday September 5th:  
9:00 AM — 6:00 PM  
Sunday September 6th:  
9:00 AM — 6:00 PM  
Monday September 7th: CLOSED FOR LABOR DAY

Contact Us:
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Visit us on the web:
www.law.georgetown.edu/campus-services/fitness  
Twitter: @Gtownlawfitness  
Facebook: Scott K. Ginsburg Sport & Fitness Center