

Georgetown Law Sport & Fitness Center Group Exercise Schedule Spring 2012 beginning Wednesday, February 1st

Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
			7:00-8:00am Spin Allison P. Studio 2			10:30-11:30am willPower & Grace Lisa Studio 1
12:15-12:45pm Quick Spin Molly Studio 2	12:30-1:15pm Tone Zone Molly Studio 1		12:15-12:45 pm Quick Spin Rhonda Studio 2	12:50-1:15pm Absession Rhonda Studio 1	12:00-1:00pm Yoga Fit Rhonda Studio 3	
1:00-2:00pm Yoga Galina Studio 3	12:30-1:00pm Basic Yoga Gina Studio 3	1:00-2:00pm Yoga Galina Studio 3			1:00-2:00pm Women & Weights Jeff Studio 1	
4:45-5:30pm Spin Rhonda Studio 2	5:00-5:30pm Absession Rhonda Studio 1		5:00-5:25pm Absession Abby Studio 1	5:30-6:15 Buns, Hips & Thighs Rhonda Studio 1		
5:00-5:45pm Buns, Hips & Thighs Molly Studio 1	5:30-6:15pm ZUMBA Esther Studio 3	5:00-6:30pm Yoga Galina Studio 3	5:00-5:45pm Spin Gina Studio 2	5:30-6:30pm Yoga John Studio 3		
5:30-6:30pm Yoga John Studio 3	6:30-7:30pm willPower & Grace Lisa Studio 1	6:00-7:00pm Sports Conditioning Jeff Studio 1	6:30-7:30pm Hip Hop Cardio Taryn Studio 1			
7:15-8:15pm Turbokick Amanda Studio 1	8:30-9:30pm Sweat & Sculpt Rhonda Studio 1		8:15 – 8:45 pm Quick Spin Molly 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/fitness/> / twitter <http://twitter.com/GtownLawFitness> /FB page <http://www.facebook.com/pages/Georgetown-Law-Sport-Fitness-Center/100242490080303>

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GROUP EXERCISE GUIDELINES

- Classes are operated on a "first come, first serve" 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 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!

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!

Tone Zone: This class will help you tone up by doing a full body strength class in just 30 minutes, followed by 15 minutes of abdominal work!

Turbokick: This format provides an intense mixture of kick-box and strength training. Challenge your cardiovascular endurance while strengthening major muscle groups. A guaranteed pure sweat!

Spin: 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 Spin** – 30 minutes of the same☺)

All fitness levels are invited, as you control speed and resistance during your workout.

Sports Conditioning: A non-traditional sports conditioning workout that combines athletic drills, strength training and plyometrics with no choreography! Medicine ball, agility ladder, BOSU, dumbbells, and more are used to improve athletic performance while giving you a high-intensity workout!

Sweat & Sculpt: A combination of cardio interval drills and muscle conditioning using weights, bands and body bars.

willPower & grace: Mind-body fusion workout: Cardiovascular barefoot workout to facilitate proper movement patterns & to strengthen the body.

Women & Weights: Take this class and learn the proper weight-lifting technique for women. A great way to spend your lunch hour, exercising, sweating, taking good care of your body by building stronger muscles and bones!

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** starts from the beginning for newbies!)

Yoga Fit: YogaFit® is modern fitness yoga that intertwines fitness moves with basic yoga postures in a heat building and flowing sequence leading to relaxing stretches and a 10 minute rest. It consists of more upper body work than traditional Yoga.

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!