### Group Fitness Class Schedule DECEMBER 10th – JANUARY 13th

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>BODYPUMP</td>
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<td>7:00am 45 min VIRTUAL (S1)</td>
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<td>7:00am 30 min VIRTUAL (S1)</td>
<td>Open Virtual 8am – 11am Studio 1</td>
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<td>10:00am 45 min VIRTUAL (S1)</td>
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<td>12:00pm 30 min VIRTUAL (S1)</td>
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<td>11:00am 55 min VIRTUAL (S1)</td>
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<tr>
<td>12:00pm 45 min Wendy C. (S3)</td>
<td>12:00pm 45 min Wendy C. (S3)</td>
<td>12:35pm 30 min VIRTUAL (S1)</td>
<td>12:35pm 30 min VIRTUAL (S1)</td>
<td>12:00pm 45 min Melissa N. (S3)</td>
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<td>12:00pm 45 min Angeleaza (S1)</td>
<td>Yoga</td>
<td>BORN</td>
<td>Yoga</td>
<td>1:00pm 55 min VIRTUAL (S1)</td>
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<td>4:30pm 30 min VIRTUAL (S1)</td>
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<tr>
<td>1:00pm 45 min Melissa N. (S3)</td>
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<td>5:00pm 30 min VIRTUAL (S1)</td>
<td>5:05pm 30 min VIRTUAL (S1)</td>
<td>CYCLE</td>
<td>5:05pm 30 min VIRTUAL (S1)</td>
<td>5:30pm 55 min VIRTUAL (S1)</td>
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<tr>
<td>5:30pm 55 min VIRTUAL (S1)</td>
<td>PUMP.GRIT.ABS</td>
<td>Total Body</td>
<td>5:30pm 55 min VIRTUAL (S1)</td>
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<td>5:30-7p 90 min Melissa (S3)</td>
<td>5:30pm 55 min Nadia (S1)</td>
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*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.*

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**EXAM SCHEDULE EFFECTIVE Dec 10th – Jan 13th**

(S1) = Studio 1  
(S2) = Cycle Studio  
(S3) = Studio 3  
(P) = Pool  
VIRTUAL = STUDIO 1 Les Mill’s Virtual

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**POOL**

**Hours:**  
M-TH 6:30a-9:30p  
F 6:30a-7:00p  
Sa 9:00a-5:00p  
Su 9:00a-7:00p

**Aquatics Manager:**  
Brandan Wilson  
Bjw63@georgetown.edu

**Free Lesson**  
Friday 1:00pm  
Brandan

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For more information contact Wendy Christensen wc701@georgetown.edu 202-662-4254 or check us out at www.facebook.com/GtownLawFitness/

Accommodation requests related to a disability should be made at least 24 hours prior to classes or personal training sessions to Wendy Christensen, Associate Director of Fitness & Recreation.
Group Fitness Class Descriptions

**BODYPUMP™** is the original LES MILLS™ barbell class. This class uses low weight loads and high repetition movements to burn fat, gain strength and quickly produce lean body muscle conditioning.

**BURN** is a high-intensity interval training class that ignites your metabolism to BURN calories! Strength and cardio training are used to improve your agility, strength and endurance. Be ready to be challenged, and see results.

**BODYFLOW®** is a yoga-based class that incorporates elements of Tai Chi and Pilates. You’ll strengthen your entire body and leave the class feeling calm and centered.

**GRIT** is a 30-minute high-intensity interval training workout. GRIT comes in 3 formats: PLYO: designed to make you perform like an athlete, CARDIO: increases your speed and maximizes calorie burn and STRENGTH: designed to improve strength and build lean muscle.

**SH'BAM** is a fun-loving, insanely addictive dance workout. No dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can’t, you’ll walk out knowing you can!

**BODYCOMBAT** is a martial-arts inspired workout. It is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You’ll release stress, have a blast and feel like a champ.

**RPM™** is a group indoor cycling workout where you control the intensity. It’s fun and low impact. Your instructor will lead you through hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**CXWORX** is a 30-minute CORE workout. You will use resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**TOTAL BODY**: Total Body is a total body workout combining both strength and cardiovascular training. This class will work every major muscle group including your heart!

**GENTLE YOGA**: Gentle Yoga includes 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.

**Bolly X** is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music from around the world.

**HIP HOP CARDIO**: A fun cardio dance class that keeps you moving to your favorite hip hop beats and burning calories the whole time!

**ZUMBA** is a Latin-Inspired cardio dance class. Both low and high impact moves are used to keep your heart pumping. Ditch the workout, join the party!

The **WillPower Method®** is the bodyweight barefoot conditioning program that athletes need and the calorie-burning cardio solution that mind-body practitioners have been searching for. It’s the practice that will give you an edge in every sport, athletic endeavor, and healthy lifestyle.