## Group Fitness Class Schedule Sat March 09 – Fri March 15

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<tbody>
<tr>
<td>10:00am 45 min VIRTUAL (S1)</td>
<td>No Classes</td>
<td>7:00am 45 min BODYPUMP</td>
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<td>7:00am 45 min BODYPUMP</td>
<td>7:00am 30 min VIRTUAL (S1)</td>
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<td>11:00am 55 min VIRTUAL (S1)</td>
<td>Sport &amp; Fitness Closes at 6:00pm</td>
<td>Open Virtual 8am – 11am</td>
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<td>12:00pm 45 min VIRTUAL (S1)</td>
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<td>1:00pm 55 min VIRTUAL (S1)</td>
<td>12:00pm 45 min Angèleaza (S1)</td>
<td>YOGA</td>
<td>12:00pm 45 min Wendy C. (S3)</td>
<td>12:00pm 45 min Wendy C. (S1)</td>
<td>12:00pm 45 min Michael B. (S1)</td>
<td>12:00pm 45 min Melissa N. (S3)</td>
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<td>4:15pm 30 min VIRTUAL (S1)</td>
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<tr>
<td>6:30pm 55 min Lauren (S3)</td>
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*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.*

Regular Schedule will resume Saturday, March 16th

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

### Spring Break Pool Hours:
- M-TH 6:30a-7p
- F 6:30a-7:00p
- Sa 9:00a-5:00p
- Su 9:00a-5:00p

Aquatics Manager:
Brandan Wilson
Bjw63@georgetown.edu
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 flexibility, 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.

**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!

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

**FLOOR BARRE BLAST:** This class works all your major muscle groups with high repetitions and low weights. Move from legs to core to arms using hand weights and small stability balls. Set to fun, energizing music. You are sure to feel the burn and see the results!