**SUMMER 2019 Group Exercise**

**Effective May 20th**

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7:00am 45 min VIRTUAL (S1)</td>
<td>7:00am 45 min VIRTUAL (S1)</td>
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<td>7:00am 45 min VIRTUAL (S1)</td>
<td>7:00am 30 min VIRTUAL (S1)</td>
<td>10:00am 45 min VIRTUAL (S1)</td>
<td>11:00am 55 min VIRTUAL (S1)</td>
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<tr>
<td>OPEN VIRTUAL 8am – 11am Studio 1</td>
<td>OPEN VIRTUAL 8am – 11am Studio 1</td>
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<td>OPEN VIRTUAL 8am – 11am Studio 1</td>
<td>OPEN VIRTUAL 8am – 11am Studio 1</td>
<td>PiYO 12:00pm 37 min VIRTUAL (S1)</td>
<td>1:00pm 33 min VIRTUAL (S1)</td>
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<tr>
<td>CXWORK 12:35pm 30 min VIRTUAL (S1)</td>
<td>CXWORK 12:35pm 30 min VIRTUAL (S1)</td>
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<tr>
<td>BURN 12:00pm 45 min Angeleaza (S1)</td>
<td>Yoga 12:00pm 45 min Wendy (S3)</td>
<td>BURN 12:00pm 45 min Wendy (S1)</td>
<td>SH'BAM 1:10pm 45 min Sarah (S1)</td>
<td>12:00pm 45 min</td>
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<tr>
<td>OPEN VIRTUAL 1pm-4pm Studio 1</td>
<td>4:15pm 30 min VIRTUAL (S1)</td>
<td>4:15pm 30 min VIRTUAL (S1)</td>
<td>4:15pm 30 min VIRTUAL (S1)</td>
<td>4:00pm 55 min VIRTUAL (S1)</td>
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<tr>
<td>INSANITY 5:00pm 30 min VIRTUAL (S1)</td>
<td>CXWORK 4:50pm 30 min VIRTUAL (S1)</td>
<td>BODYFLOW 4:30pm 55 min VIRTUAL (S1)</td>
<td>CXWORK 4:50pm 30 min VIRTUAL (S1)</td>
<td>BODYFLOW 5:00pm 55 min VIRTUAL (S1)</td>
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<tr>
<td>5:30pm 55 min Houry (S3)</td>
<td>5:30pm 30 min Houry (S3)</td>
<td>5:30pm 55 min Houry (S3)</td>
<td>Total Body 5:30pm 55 min Maddie (S1)</td>
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<tr>
<td>6:30pm 30 min VIRTUAL (S1)</td>
<td>Gentle Yoga 6:05pm 50 min Wendy (S3)</td>
<td>6:30 pm 30 min VIRTUAL (S1)</td>
<td>Yoga 6:30pm 55 min John (S1)</td>
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<tr>
<td>Core.Cardio. Balance 6:30pm 55 min Taryn (S1)</td>
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*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.*

**Schedule Effective May 20, 2019**

(S1) = Studio 1  
(S2) = Cycle Studio  
(S3) = Studio 3  
(P) = Pool  
VIRTUAL = STUDIO 1 Les Mills Virtual
SUMMER 2019 CLASS DESCRIPTIONS

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**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**  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**  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**  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**  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.

**INSANITY**  INSANITY is a cardio-based high intensity interval training class. Each high-energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong.

**Turbo Kick**  Turbo Kick is a mix of kickboxing and simple dance grooves set to heart pounding dance music.

**PiYO**  PiYo combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.