For more information contact Wendy Christensen wc701@georgetown.edu 202-662-4254 or check us out at https://www.law.georgetown.edu/fitness/schedule follow us 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>Group Fitness Class Schedule Effective Sept 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td><a href="#">Body Pump</a> 7:00am 45 min VIRTUAL (S1)</td>
</tr>
<tr>
<td><a href="#">Virtual</a> 12:00pm 30 min VIRTUAL (S1)</td>
</tr>
<tr>
<td><a href="#">BORN</a> 12:00pm 45 min Angeleaza (S1)</td>
</tr>
<tr>
<td>Open Virtual 1pm-4pm Studio 1</td>
</tr>
<tr>
<td><a href="#">Insanity</a> 5:00pm 30 min VIRTUAL (S1)</td>
</tr>
<tr>
<td><a href="#">Body Pump</a> 5:30pm 55 min Houry (S3)</td>
</tr>
<tr>
<td><a href="#">Bar(re) Prep</a> 6:30pm 55 min Lauren (S3)</td>
</tr>
<tr>
<td><a href="#">Power Vinyasa Yoga</a> 7:30pm 55 min Vanisha (S3)</td>
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</tbody>
</table>

*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.*

**POOL**

**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: Brandon Wilson Bjw63@georgetown.edu
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™** 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 agility, strength and endurance. Be ready to be challenged, and see results.

**BODYFLOW®** 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 SERIES** 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** 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™** 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.

**BAR(re)Prep** 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!

**YOGA:** Yoga includes 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** 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!

**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.