

GEORGETOWN LAW

SCOTT K. GINSBURG

Sport & Fitness Center

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

Group Fitness Class Schedule Effective Jan 13, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 7:00am 45 min VIRTUAL (S1)	RPM 7:00am 45 min VIRTUAL (S1)	BODYPUMP 7:00am 45 min VIRTUAL (S1)	RPM 7:00am 45 min VIRTUAL (S1)	BODYFLOW 7:00am 45 min VIRTUAL (S1)	RPM 10:00am 45 min VIRTUAL (S1)	
BODYCOMBAT 8:00am 30 min VIRTUAL (S1)	BODYFLOW 8:00am 30 min VIRTUAL (S1)	BODYCOMBAT 8:00am 30 min VIRTUAL (S1)		GRIT SERIES 8:00am 30 min VIRTUAL (S1)	BODYPUMP 11:00am 45 min VIRTUAL (S1)	
Open Virtual 9am – 11am Studio 1	RPM 12:00pm 30 min VIRTUAL (S1)	Open Virtual 9am – 11am Studio 1	RPM 12:00pm 30 min VIRTUAL (S1)	Open Virtual 9am – 11am Studio 1	Bar(re) Prep 11:00am 55 min Lauren (S3)	
	CXWORX 12:30pm 15 min VIRTUAL (S1)		CXWORX 12:30pm 15 min VIRTUAL (S1)		BODYFLOW 12:00pm 55 min VIRTUAL (S1)	
BORN 12:00pm 45 min Angeleaza (S1)	Yoga 12:00pm 45 min Wendy (S3)	BORN 12:00pm 45 min Wendy (S1)	ZUMBA 12:00pm 45 min Michael (S3)	BODYPUMP 12:00pm 45 min Melissa (S3)	SH'BAM 1:00pm 55 min VIRTUAL (S1)	
Open Virtual 1pm-4pm Studio 1	RPM 4:15pm 30 min VIRTUAL (S1)	Open Virtual 1pm-4pm Studio 1	RPM 4:15pm 30 min VIRTUAL (S1)	Open Virtual 1pm-4pm Studio 1		
	CXWORX 4:45pm 15 min VIRTUAL (S1)		CXWORX 4:45pm 15 min VIRTUAL (S1)			ZUMBA 5:30pm 45 min Brigetta (S1)
BODYPUMP 5:30pm 55 min Hourly (S3)	GRIT SERIES 5:30pm 30 min Hourly (S3)	BODYPUMP 5:30pm 55 min Melissa (S3)	GRIT SERIES 5:30pm 30 min VIRTUAL (S1)			YOGA 6:30pm 55 min Vanisha (S1)
Bar(re) Prep 6:30pm 55 min Lauren (S3)	Gentle Yoga 6:05pm 50 min Wendy (S3)	Power Vinyasa Yoga 6:30pm 55 min Vanisha (S1)	ZUMBA 6:05pm 45 min Brigetta (S1)	Fitness Floor Hours M-TH 6:30a-10:30p F 6:30a-8:00p Sa 9:00a-6:00p Su 9:00a-8:00p	<i>*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.</i>	Schedule Effective Jan 13, 2020
Power Vinyasa Yoga 7:30pm 55 min Vanisha (S3)	Core.Cardio. Balance 6:30pm 55 min Taryn (S1)					
					(S1) = Studio 1 (S2) = Functional Fitness Room (S3) = Studio 3 (P) = Pool VIRTUAL = STUDIO 1 TV Screen	

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:
Brandan Wilson
Bjw63@georgetown.edu

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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 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. 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.

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 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!

Open Virtual: Open Virtual means you can pick whatever VIRTUAL class you like on our VIRTUAL player. We offer Sh'Bam, Bodycombat, Bodypump, Bodyflow, GRIT, RPM and CXWORX on our VIRTUAL player. So pick whatever you're in the mood for and get your workout in!