

GEORGETOWN LAW

SCOTT K. GINSBURG

Sport & Fitness Center

For more information contact Wendy Christensen wc701@georgetown.edu 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

LOCKDOWN 2020 GROUP EXERCISE SCHEDULE Effective Mar.24, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>How to access your class via ZOOM:</p> <p>Click on the corresponding ZOOM link below the class you wish to take. Or copy and paste the link into your browser. If joining from your phone it is best to have downloaded the Zoom app.</p>							
	<p>Yoga 12:00pm 45 min Wendy https://georgeto.wn.zoom.us/j/564025279</p>	<p>BURN 12:00pm 45 min Wendy https://georgeto.wn.zoom.us/j/257525965</p>		<p>Yoga 12:00pm 45 min Wendy https://georgeto.wn.zoom.us/j/928744644</p>			
					<p>Bar(re) Prep 2:30pm 60 min Lauren https://georgeto.wn.zoom.us/j/5743768375</p>		
			<p>Bar(re) Prep 5:00pm 60 min Lauren https://georgetown.zoom.us/j/5743768375</p>				
<p>Total Body Conditioning 5:30pm 45 min Melissa https://zoom.us/j/819085928</p>						<p>YOGA 6:30pm 60 min Vanisha https://georgetown.zoom.us/j/119955385</p>	
	<p>Core.Cardio. Balance 6:30pm 35 min Taryn https://us04web.zoom.us/j/326587635</p>	<p>Power Vinyasa Yoga 6:30pm 60 min Vanisha https://georgeto.wn.zoom.us/j/794780020</p>	<p>To take Les Mills classes virtually at any time! Click the link below. Les Mills On Demand link: https://watch.lesmillsondemand.com/at-home-workouts</p>			<p>*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.</p>	

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Group Fitness Class Descriptions

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.

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

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.

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.

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. 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.