


# GEORGETOWN LAW

## SCOTT K. GINSBURG

### *Sport & Fitness Center*

For more information contact Wendy Christensen [wc701@georgetown.edu](mailto: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/](https://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 September 14, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Yoga</b> 12:00pm 45 min Wendy (S3)	<b>BORN</b> 12:00pm 45 min Wendy (S1)	<b>ZOOM YOGA</b> 12:00pm 45 min Wendy <a href="#">Zoom</a>			
						 4:00pm 45 min Jackie (S1)
<b>Yoga</b> 5:30pm 60 min John (S3)		 5:30pm 60 min Jennifer (S3)	 5:00pm 60 min Jackie (S1)			
<b>POP PILATES</b> 6:30pm 55 min Kayla (S1)	<b>Gentle Yoga</b> 6:30pm 60 min Wendy (S3)	<b>POP PILATES</b> 6:30pm 55 min Kayla (S1)		<b>Fitness Floor Hours</b> M-TH 7:30a-8:00p F 7:30a-7:00p Sa 12:00p-5:00p Su 12:00p-5:00p	<i>*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.</i>	<b>Schedule Effective Sept 14, 2021</b>
				<b>(S1) = Studio 1</b> <b>(S2) = Functional Fitness Room</b> <b>(S3) = Studio 3</b>  <b>VIRTUAL = STUDIO 1 TV Screen</b> <b>ZOOM = Streamed LIVE Via zoom link</b>		

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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: ATHLETIC: 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.



CORE 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.

## POP PILATES

Pop Pilates takes classical Pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a **mat-based fusion of ab-chiseling and total body defining moves choreographed** to your favorite Top 40 hits

**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.



WERQ is the **wildly addictive cardio dance class based on the hottest pop and hip hop music**. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trendsetting pop and hip hop music.

**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 CORE on our VIRTUAL player. So pick whatever you're in the mood for and get your workout in! You can select a class anytime that Studio 1 is not being used for a live class.