

















# 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 Mar 21, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7:15am 45 min VIRTUAL (S1)	<b>Yoga</b> 8:00am 45 min Danielle (S3)	 7:15am 45 min VIRTUAL (S1)	<b>Yoga</b> 8:00am 45 min Danielle (S3)			
				 8:00am 30 min VIRTUAL (S1)		
Open Virtual 9am – 11am Studio 1		Open Virtual 9am – 11am Studio 1		Open Virtual 9am – 11am Studio 1		
 12:00pm 45 min Tyler (S1)	<b>Gentle Yoga</b> 12:00pm 45 min Wendy (S3)	 12:00pm 45 min Wendy (S1)		 12:00pm 45 min VIRTUAL (S1)		
Open Virtual 1pm-4pm Studio 1	 4:30pm 30 min VIRTUAL (S1)	Open Virtual 1pm-4pm Studio 1	 4:30pm 30 min VIRTUAL (S1)	Open Virtual 1pm-4pm Studio 1		
<b>POP PILATES</b> 4:00pm 55 min Kayla (S1)	 5:00pm 15 min VIRTUAL (S1)	<b>POP PILATES</b> 4:00pm 55 min Kayla (S1)	 5:00pm 15 min VIRTUAL (S1)			 5:30pm 45 min Brigetta (S3)
 5:30pm 53 min VIRTUAL (S1)	 7:00pm 45 min Jackie (S1)	 5:30pm 30 min Jennifer (S3)	 6:00pm 45 min Brigetta (S3)			<b>YOGA</b> 6:30pm 55 min Michelle (S3)
<b>YOGA</b> 6:30pm 55 min Michelle (S3)		 6:00pm 55 min Jennifer (S3)		<u>Fitness Floor Hours</u> M-TH 7a-10p F 7a-8:00p Sa 12:00p-5:00p Su 12:00p-8:00p	<i>*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.</i>	<b>Schedule Effective Mar 21, 2023</b>
						(S1) = Studio 1 (S2) = Functional Fitness Room (S3) = Studio 3 (P) = Pool VIRTUAL = STUDIO 1 TV Screen
<b>POOL</b>						
Pool Hours: M-TH 7a-1p & 3p-9p F 7a-1p & 3p-7p		Aquatics Manager: Blair Crosscup BC876@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.



Total Body Conditioning works the entire body. Using a mix of cardio/body weight exercises and strength/dumbbell exercises in a series of intervals this class is sure to take your fitness to the next level!



BODYBALANCE® 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. Only offered on our VIRTUAL player.



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! Only available on our VIRTUAL player.



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. Only available on our VIRTUAL player.



RPM™ is a group indoor cycling workout where you control the intensity. Your instructor will lead you through hill climbs, sprints and flat riding. A great cardio workout! Only available on our VIRTUAL player.



Les Mills Core is a 15 min or 30 min 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. Only available on our VIRTUAL player.



Taught by our very own G'town Law student, Kayla. This is a total body workout moving to the beat of the music. Using traditional Pilates bodyweight movements and adding light dumbbells if you prefer, this class works all your major muscle groups with high repetitions and low weights.



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.

**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.

**Gentle Yoga:** A slower paced yoga class. Perfect for beginners or those who are looking to perfect their form.



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, Bodybalance, GRIT, RPM and CORE. So pick whatever you're in the mood for and get your workout in on your time on your schedule!