

# 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 @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





















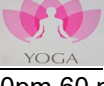
\*Open Virtual means you can choose any class on the touch-screen in Studio 1 and click play!  
 Your class will play on the big screen!

(S1) = Studio 1  
 (S2) = Studio 2, Functional Fitness Room  
 (S3) = Studio 3  
 VIRTUAL = STUDIO 1 TV Screen  
 ZOOM = Streamed LIVE Via zoom link



**Fitness Floor Hours**  
 M-TH 7:00am-10:00pm  
 F 7:00am – 8:00pm  
 Sa 12:00pm-5:00pm  
 Su 12:00pm-8:00pm

## Group Fitness Class Schedule Effective Feb 21, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Virtual* Studio 1 7:00a-11:30a	 8:00am 45 min Dani (S1)	Open Virtual* Studio 1 7:00a-11:30a	 8:00am 45 min Dani (S1)	Open Virtual* Studio 1 7:00a-11:30a		
 12:00pm 45 min Tyler (S1)	 12:00pm 45 min Jeremy (S1)	 12:00pm 45min Wendy (S1)		 12:00pm 45 min Jeremy (S1)		
	 4:30p 30 min VIRTUAL (S1)	 4:00pm 55 min Kayla (S1)	 4:30p 30 min VIRTUAL (S1)			
	 5:00pm 15 min VIRTUAL (S1)	 5:00pm 50 min Michelle (S3)	 5:00pm 15 min VIRTUAL (S1)			
	 5:30pm 55 min Lauren (S1)					 5:30pm 45 min Simone (S1)
 6:00pm 55 min Kayla (S1)		 6:00pm 60 min Jennifer (S3)	 6:00pm 45 min Simone (S1)			
 6:00pm 60 min Jeremy (S3)	 6:30pm 60 min Kinley (S3)		 6:30pm 60 min Elizabeth (S3)			 6:30pm 60 min Michelle (S3)

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

# GEORGETOWN LAW

## SCOTT K. GINSBURG

### *Sport & Fitness Center*

For information contact Wendy Christensen [wc701@georgetown.edu](mailto:wc701@georgetown.edu) 202-662-4254

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™**, (LIVE & VIRTUAL) 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** (LIVE) is a high-intensity interval training class that works your Total Body! Strength and cardio training are used to improve your agility, strength and endurance. Be ready to be challenged, and see results.



**BODYBALANCE®** (VIRTUAL) 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** (VIRTUAL) 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** (VIRTUAL) is a fun-loving 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**(VIRTUAL) 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™** (VIRTUAL) 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** (VIRTUAL) is 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(LIVE) 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 (LIVE) 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** (LIVE) 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 located in Studio 1. We offer Sh'Bam, Bodycombat, Bodypump, Bodybalance, GRIT, RPM and CORE. 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.