

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 @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

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









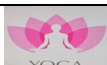

- (S1) = Studio 1
- (S2) = Functional Fitness Room
- (S3) = Studio 3
- VIRTUAL = STUDIO 1 TV Screen
- ZOOM = Streamed LIVE Via zoom link



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 SUMMER 2024 May 20 – Aug 25, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Virtual* Studio 1 7a-11:30a	Open Virtual* Studio 1 7a-11:30a	Open Virtual* Studio 1 7a-11:30a	Open Virtual* Studio 1 7a-11:30a	Open Virtual* Studio 1 7a-11:30a	Open Virtual* Studio 1 All Day	Open Virtual* Studio 1 All Day
**"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!						
 12:00pm 45 min Tyler (S1)	 12:00pm 45 min Jeremy (S1)	 12:00pm 45 min Wendy (S1)	 12:00pm 45 min Simone (S1)	 12:00pm 45 min Jeremy (S1)		
				 12:00pm 55 min Kayla ZOOM		
		 6:00pm 60 min Jennifer (S3)				
 6:00pm 55 min Kayla (S1)	 6:00pm 55 min Elizabeth (S1)	 6:00pm 55 min Kayla (S1)				

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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 smile!



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 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(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.