

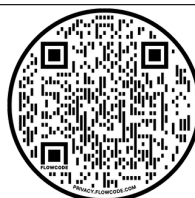
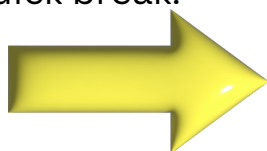


GROUP FITNESS SCHEDULE

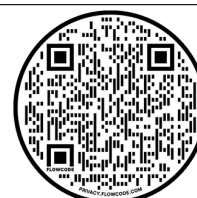
EXAM PERIOD 4/28-5/11 2025

NO GROUP FITNESS 5/12-5/18 2025

Need a study break?! Check out these recordings for a quick break:



Study Break Energize



Study Break Stretch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
TOTAL BODY CONDITIONING 12:00pm (45 min) Renzo (S1)	BARRE 12:00pm (45 min) Jeremy (S1)	TOTAL BODY CONDITIONING 12:00pm (45 min) Wendy (S1)	RPM 12:00PM (30 MIN) VIRTUAL (S1)	BODYPUMP 12:00pm (45 min) Jeremy (S3)	
		ADVANCED PILATES 4:00PM (45 MIN) MAYA (S3) 4/30 ONLY			
BODYPUMP 6:00pm (60 min) Jeremy (S3) 04/28 ONLY		BODYPUMP 6:00pm (60 min) Jennifer (S3) 04/30 ONLY			
	YOGA 6:30pm (60 min) Kinley (S1) 4/29 ONLY		Yoga 6:30pm (60 min) Elizabeth (S1) 5/01 ONLY		SUNDAY SPIN 6:30PM (45 MIN) ROULA (S1) 05/04 ONLY

(S1) = Studio 1
(S3) = Studio 3

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

Check us out on Instagram! @gtownlawfitness

For more information, contact Wendy Christensen (wc701@georgetown.edu) or visit
www.law.georgetown.edu/fitness

Accommodation requests related to a disability should be made at least 24 hours prior to classes to Wendy Christensen (wc701@georgetown.edu).