

# GROUP FITNESS SCHEDULE

FALL 2019  
9/5/19 - 12/7/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>SUNRISE FLOW YOGA</b> 6:15am-7:15am Studio A   Kellie	<b>SPIN XPRESS</b> 7:00am-7:45am Studio B   Bethany	<b>SPIN XPRESS</b> 7:00am-7:45am Studio B   Sheila	<b>SPIN XPRESS</b> 7:00am-7:45am Studio B   Sara G.	<b>SPIN XPRESS</b> 7:00am-7:45am Studio B   Rita	
	<del><b>OLDER ADULT TONE</b> 8:00am-9:00am Studio A   Sharon/Wendy</del>	<del><b>ONE STEP BEYOND</b> 8:00am-9:00am Studio A   Wendy/Sharon</del>	<del><b>OLDER ADULT TONE</b> 8:00am-9:00am Studio A   Sharon/Wendy</del>	<del><b>ONE STEP BEYOND</b> 8:00am-9:00am Studio A   Wendy/Sharon</del>	<del><b>OLDER ADULT TONE</b> 8:00am-9:00am Studio A   Sharon/Wendy</del>	
		<b>MO(BILITY) &amp; FLEX(IBILITY)</b> 9:30am-10:00am Studio A   Leisha				<b>SPIN CORE</b> 10:30am-11:30am Studio B   Abigail/Lane
	<del><b>STRONG 30</b> 12:15pm-12:45pm Studio A   Ashleigh</del>	<del><b>SPIN XPRESS</b> 12:15pm-1:00pm Studio B   Melanie</del>	<del><b>TBC</b> 12:15pm-1:00pm Studio A   Bethany</del>	<del><b>SPIN XPRESS</b> 12:15pm-1:00pm Studio B   Christie</del>		
	<del><b>ARMS &amp; ABS</b> 3:15pm-3:45pm Studio A   Christie</del>	<del><b>KICKBOXING</b> 4:45pm-5:45pm Studio A   Lauren</del>	<del><b>CORE DE FORCE</b> 4:00pm-4:50pm Studio A   Christie</del>	<del><b>MO(BILITY) &amp; FLEX(IBILITY)</b> 4:30pm-5:00pm Studio A   Leisha</del>	<b>**YOGA FLOW</b> 4:00pm-5:00pm Studio A   Alison	
<b>FULL BODY BLAST</b> 5:15pm-6:15pm Studio A   Sarah Ma.	<del><b>BARRE</b> 4:00pm-4:50pm Studio A   Rachel</del>	<b>SPIN CORE</b> 5:30pm-6:30pm Studio B   Sabrina	<del><b>50/50</b> 5:00pm-5:45pm Studio A   Sarah Mi.</del>	<b>SPIN XPRESS</b> 5:15pm-6:00pm Studio B   Sabrina	<del><b>ZUMBA</b> 5:15pm-6:15pm Studio A   Margaret/Kerry</del>	
<b>SPINNING</b> 6:30pm-7:30pm Studio B   Steve/Abigail	<del><b>CARDIO CRUNCH</b> 5:00pm-5:50pm Studio A   Gillian/Sheila</del>	<del><b>ZUMBA</b> 6:00pm-6:50pm Studio A   Ashleigh</del>	<del><b>VINYASA FLOW YOGA</b> 6:00pm-6:50pm Studio A   Gracie</del>	<b>HIIT</b> 5:15pm-6:15pm Studio A   Lisa		
<b>RESTORATIVE YOGA</b> 7:00pm-8:00pm Studio A   Gracie	<del><b>VINYASA FLOW YOGA</b> 6:00pm-6:50pm Studio A   Kellie/Libby</del>	<b>P90X LIVE</b> 7:00pm-8:00pm Studio A   Lane	<del><b>SPIN CORE</b> 6:30pm-7:30pm Studio B   Brittany</del>	<b>BARRE</b> 6:30pm-7:30pm Studio A   Rachel		
	<del><b>SPIN CORE</b> 6:30pm-7:30pm Studio B   Lane</del>	<b>BOXING</b> 8:15pm-9:15pm Studio A   John				

\*\* Yoga Flow is FREE  
for Grad Students with GOCard!

Please note: there will be no classes on: 9/2, 9/21, 10/14, 11/2, 11/9, 11/27-12/1.

See class descriptions on reverse side. Classes are filled on a first come, first serve basis.  
Members must purchase a Group Fitness Pass to participate in the Yates Field House Group Fitness program.  
Visit [recreation.georgetown.edu/yates/group-fitness](http://recreation.georgetown.edu/yates/group-fitness) for class pass options and purchase details.



# CLASS DESCRIPTIONS

**ARMS & ABS:** Pressed for time? Yates is happy to offer a class that combines an intense 20-minute arm workout paired with a 10-minute abdominal workout. We will utilize different equipment each week, guaranteeing there will be fun, new exercises each class!

**BARRE:** This class combines attributes of Pilates, Yoga, dance, and functional fitness training. Effectively strengthen, tone, and balance the entire body integrating the use of the ballet barre, light weights, and various props. You will focus on small isolated movements as the instructor will emphasize alignment, form, and specific muscle actions. All levels are welcome!

**BOXING:** Open to all skill levels from beginner and intermediate to advanced. We'll teach you all the pugilistic skills: punches, footwork, offense & defense. Coursework also includes technical drills and instruction on proper use of equipment. Once you've mastered the basics, step into the ring and try it out!

**CARDIO CRUNCH:** Maximize your workout with this interval class! Exercises are designed to get your energy – and your heart rate – up safely and efficiently. Improve your cardiorespiratory fitness as you challenge your body and get moving!

**CORE DE FORCE LIVE:** A fun, MMA-inspired total-body workout. You will go through 9 HIIT rounds of conditioning combinations, bodyweight moves, and cardio spikes to harness the power of your trunk and have you feeling like a champ. No equipment is necessary and all levels are welcome. Now let's find your inner fighter!

**FULL BODY BLAST:** Challenge yourself to a full body workout that incorporates building strength and improving cardiorespiratory endurance through upper body, lower body, core circuits, and HIIT-style cardio intervals. All are welcome!

**HIIT:** A strength and conditioning class that emphasizes constantly varied, high-intensity functional movement. Work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy, maximizing your performance and fitness for any physical challenge or activity! No experience required.

**KICKBOXING:** This high energy martial-arts inspired workout is non-contact and there are no complex moves to master. This class will challenge you to increase the intensity and motivate you to make the most of every workout. You'll relieve stress, have a blast, and leave excited to come back!

**MO(bility) & FLEX(ibility):** Looking for a way to step up your athletic performance? Hoping to reduce muscle strains and risk of injury? Feeling a bit stressed or tense from school or work? Check out this 30-minute mindful flexibility class. With a focus on functional flexibility and intentional use of breath to enhance the exercises, this class will definitely improve your overall well-being!

**OLDER ADULT TONE:** A gentle mix of strength training and stretching exercises designed for the “mature” adult. Move at a comfortable pace with a focus on correct form and technique. All ages welcome, but geared towards the older adult.

**ONE STEP BEYOND:** Thirty minutes of step aerobics followed by thirty minutes of toning, using the BOSU and stability ball, at a pace preferred by “mature” adults.

**P90X LIVE:** A total-body, cardio, and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities.

**RESTORATIVE YOGA:** Whether you are winding down or prepping for the week to come, this class will allow you to zen out while listening to your body and flowing through a series of postures.

**TOTAL BODY CONDITIONING (TBC):** TBC incorporates complex movements that utilize multiple muscle groups at one time, making it a highly effective and timely workout. This class will help increase your muscular endurance, strength, flexibility, and cardiorespiratory endurance in addition to overall performance. Anyone is welcome!

**SPIN CORE:** A high-energy 45-minute ride with 15 minutes of powerful core work at the end. Add core stability to the cardiorespiratory and strength benefits of Spinning for an unbeatable workout.

**SPINNING:** An all-terrain ride that will build strength and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential.

**SPIN XPRESS:** A 45-minute class designed to give riders an intense, time-efficient ride. All the benefits of a Spinning class - you just get to your destination sooner.

**STRONG 30:** This 30-minute STRONG by Zumba® class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep.

**SUNRISE FLOW YOGA:** Wake up the right way with this early-morning Yoga class. Each posture and sequence is designed to ensure the body is prepared for the daily activities. Appropriate for beginners through skilled Yogis.

**VINYASA FLOW YOGA:** Flow through a power Vinyasa sequence as you work on flexibility, strength, and your breath. Work through traditional postures and learn proper alignment as well as unique, new variations. This class is open to all levels!

**\*YOGA FLOW:** Come to learn, play, and maybe even break a sweat in a supportive environment all while learning to develop clear and safe alignment in any pose. You don't need to be flexible or strong, you just need the willingness to try every pose with integrity! This class is FREE to all Graduate students!!!

**ZUMBA:** Set to Latin and international music, Zumba combines salsa, bachata, reggaeton, belly dance, and hip-hop moves to create a dynamic, full-body workout. Expect a mix of low-intensity and high-intensity exercises for a challenging, fun-filled party!

**50/50:** This class is half cardiovascular training, half strength-based exercise. Join us to work on creating and improving your endurance, physical power, and overall fitness ability! All levels are welcome.