# FALL 2015 GROUP FITNESS SCHEDULE

EFFECTIVE AUGUST 31st – DECEMBER 6th, 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| SUNRISE YOGA  
Amanda  
7:00-7:50am | CYCLE 50  
Thom  
7:30-8:20am | RELAXATION YOGA  
Mikayla  
12:00-1:00pm | VINYASA YOGA  
Emily  
12:00-1:00pm | BODYPUMP™  
Mike  
11:30-12:30pm | ZUMBA®  
Rachel  
12:00-1:00pm  
ZUMBA®  
Melanie  
12:00-1:00pm |
| VINYASA YOGA  
Mikayla  
12:00-1:00pm | POWER YOGA  
Merideth  
12:00-1:00pm | RELAXATION YOGA  
Emily  
12:00-1:00pm | VINYASA YOGA  
Merideth  
12:45-1:45pm | YOGA CORE  
Allison  
1:10-2:10pm | MAT PILATES  
Melanie  
1:10-2:10pm |
| POWER YOGA  
Courtney  
4:00-5:00pm | VINYASA YOGA 75  
Kristin  
4:00-5:15pm | POWER YOGA  
Kristin  
4:00-5:00pm | POWER YOGA  
Courtney  
5:15-6:15pm | BODY-COMBAT™  
Silvia  
2:30-3:30pm | BODYPUMP™  
Leah  
5:00-6:00pm |
| BODYPUMP™  
Nicole  
5:15-6:15pm | ZUMBA®  
Danya  
6:30-7:20pm | VINYASA YOGA 75  
Allison  
5:15-6:30pm | POWER YOGA  
Courtney  
5:15-6:15pm | BODYPUMP™  
Leah  
5:00-6:00pm | BODYPUMP™  
Leah  
6:15-7:30pm |
| CYCLE 45  
Emma  
6:30-7:15pm | BODY-COMBAT™  
Lizzie  
7:30-8:30pm | DOONYA®  
Patricia  
6:45-7:45pm | BODYPUMP™  
Melissa/Steph  
6:30-7:30pm | CYCLE 50  
Virginia  
6:30-7:20pm | RELAXATION YOGA 75  
Haley  
6:15-7:30pm |
| HARD CORE  
Caitlin  
8:30-9:00pm | CYCLE 45  
Sophia  
8:40-9:25pm | BODYPUMP™  
Cristina  
8:00-9:00pm | CYCLE 45  
Danya  
7:45-8:30pm | | |
| RELAXATION YOGA  
Mikayla  
9:10-10:10pm | VINYASA YOGA  
Haley  
9:35-10:30pm | HARD CORE  
Cristina  
9:15-9:45pm | | |

Purchase passes at the Campus Recreation desk on the 2nd floor of the LHWC. For prices and class descriptions, visit campusrecreation.gwu.edu/group-fitness.

- Group Fitness classes are available to GW Students and LHWC members only.
- Schedule is subject to change.

GW Campus Recreation
@GWCampusRec
@GWCampusRec