# SPRING 2016
## GROUP FITNESS & SMALL GROUP TRAINING SCHEDULE

**Group Fitness Effective:** Monday, January 11th – Sunday, May 1st  
**Small Group Training Effective:** Monday, February 1st – Thursday, April 28th

<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>
| PILATES REFORMER  
Mike H.  
7:00-8:00am | SUNRISE YOGA  
Amanda  
7:00-7:50am | PILATES REFORMER  
Ashley  
7:00-8:00am | CYCLE 45  
Susie  
7:30-8:15am |  |  |  |
| PILATES REFORMER  
Mike H.  
8:00-9:00am | POWER YOGA  
Courtney  
12:45-1:45pm | TRX BOOT CAMP  
Nora  
7:15-8:15am | PILATES REFORMER  
Mike H.  
10:00-11:00am |  |  |  |
| POWER YOGA  
Meredith  
12:00-1:00pm | TRX BOOT CAMP  
Nora  
12:45-1:45pm | PILATES REFORMER  
Ashley  
8:00-9:00am |  |  |  |  |
| VINYASA YOGA  
Mikayla  
4:00-5:00pm | YOGA 75  
Kristin  
4:00-5:15pm | MAT PILATES  
Susie  
12:00-1:00pm | VINYASA YOGA  
Courtney  
12:45-1:45pm | YOGA CORE  
Alison  
1:10-2:10pm | MAT PILATES  
Melanie  
1:10-2:00pm |  |
| BODYPUMP™  
Mike T.  
5:15-6:15pm | ZUMBA®  
Danya  
5:30-6:20pm | VINYASA YOGA  
Emily  
4:00-5:00pm | POWER YOGA  
Alison  
5:15-6:15pm | BODYPUMP™  
Leah  
5:00-6:00pm |  |  |
| TRX BOOT CAMP  
Ilissa  
5:30-6:30pm | VINYASA YOGA  
Haley  
6:30-7:20pm | PINK GLOVES BOXING™  
(Tier 1)  
Ilissa  
5:30-6:30pm | PINK GLOVES BOXING™  
(Tier 1 & 2)  
Ashley & Susie  
5:30-6:30pm |  |  |  |
| CYCLE 45  
Emma  
6:30-7:15pm | TRX BOOT CAMP  
Ashley  
6:30-7:30pm | TRX BOOT CAMP  
Danielle  
5:45-6:45pm | BODYPUMP™  
Melissa  
6:30-7:30pm |  |  |  |
| PINK GLOVES BOXING™  
(Calvin & Ashley)  
7:30-8:30pm | HARD CORE  
Calvin  
8:30-9:00pm | CYCLE 45  
Caroline  
8:40-9:25pm | DOONYA®  
Patricia  
8:00-8:50pm |  |  |  |
| RELAXATION YOGA  
Mikayla  
9:10-10:10pm | RELAXATION YOGA  
Mikayla  
9:35-10:30pm | YOGA SCULPT  
Aimee  
9:00-10:00pm |  |  |  |  |

**GROUP FITNESS CLASSES**

**SMALL GROUP TRAINING**

**SAVE 20% on Small Group Training class packages when you buy more than one!**  
*Discount applies to additional purchases of equal or lesser value.*

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**Class descriptions and prices if not shown can be found at campusrecreation.gwu.edu.**

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**THE GEORGE WASHINGTON UNIVERSITY**

**WASHINGTON, DC**