


GROUP FITNESS SCHEDULE

AUGUST 28 - DECEMBER 10, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP™ EXPRESS 12:00 - 12:45 PM Mallory	HIIT BOOT CAMP 7:00 - 7:45 AM Ashley On 3M	BODYPUMP™ 4:15 - 5:15 PM Mike	HIIT BOOT CAMP 7:00 - 7:45 AM Mallory On 3M	CYCLE 12:00 - 1:00 PM Mallory	BODYCOMBAT™ 12:00 - 1:00 PM Caitlin	CYCLE 12:00 - 1:00 PM Yureea
POWER YOGA 4:00 - 5:00 PM Mina	VINYASA YOGA 12:00 - 1:00 PM Mariah	ZUMBA® 5:30 - 6:20 PM Lindsey	VINYASA YOGA 12:00 - 1:00 PM Nicole	BODYPUMP™ EXPRESS 5:00 - 5:45 PM Mallory	ZUMBA® 1:15 - 2:15 PM Laura	VINYASA YOGA 4:00 - 5:00 PM Kayla
PINK GLOVES BOXING* 5:15 - 6:15 PM Marli & Ashley LEVELS 1, 2 & 3	PINK GLOVES BOXING* 5:15 - 6:15 PM Ashley LEVEL 1	HIIT BOOT CAMP 6:00 - 6:45 PM Danielle On 3M	VINYASA YOGA 4:15 - 5:15 PM Emily			BODYPUMP™ 5:15 - 6:15 PM Jen
BODYCOMBAT™ 6:30 - 7:30 PM Caitlin	MIXXEDFIT® 6:30 - 7:20 PM Darshana	CYCLE 6:30 - 7:20 PM Jen	BODYPUMP™ 5:30 - 6:30 PM Melissa			DOONYA® 6:30 - 7:30 PM Patricia
ZUMBA® 7:45 - 8:45 PM Jen	BODYPUMP™ 7:30 - 8:30 PM Annie	BODYCOMBAT™ 7:30 - 8:30 PM Lizzie	ZUMBA® 6:45 - 7:45 PM Ivette			
VINYASA YOGA 9:00 - 10:00 PM Mikayla	POWER YOGA 8:45 - 9:45 PM Caroline	GENTLE YOGA 8:45 - 9:45 PM Mikayla	GENTLE YOGA 8:00 - 9:00 PM Amanda			

Purchase a pass at the Campus Recreation desk (2nd floor of the Lerner Health & Wellness Center) or online at:
campusrecreation.gwu.edu/groupfitness
Class descriptions can be found online.



PRICES	STUDENT	FAC/STAFF	ALUMNI	COMM	NON-MEM
Semester	\$79	INCL	\$101	\$105	\$110
Drop-In	\$11	INCL	\$14	\$14	\$15
5-Class Pack	\$47	INCL	\$60	\$62	\$65
10-Class Pack	\$86	INCL	\$110	\$114	\$120
Unltd Monthly	\$45	INCL	\$58	\$60	\$63

University affiliation will determine the fee. If not affiliated as student, faculty/staff, alumni, or community the non-member rate will apply. Group Fitness pass is included for Faculty/Staff with an active membership.

*Pink Gloves Boxing is a Small Group Training class that requires a separate fee. Visit the website for details on pricing.