## FALL 2015  
### SMALL GROUP TRAINING SCHEDULE  
**EFFECTIVE SEPTEMBER 14TH – DECEMBER 3RD, 2015**

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### PILATES REFORMER  
**Location:** 2nd Floor Multipurpose Room  
Fall Session 1: Sept 14th – Oct 22nd  
Fall Session 2: Oct 26th – Dec 3rd

<table>
<thead>
<tr>
<th>DAY</th>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7:00-8:00am Virginia</td>
<td>7:30-8:30am Ashley</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00-9:00am Virginia</td>
<td>8:30-9:30am Ashley</td>
<td>1:15-2:15pm Mike</td>
</tr>
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<td></td>
<td>4:00-5:00pm Virginia</td>
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Student: $105  
Faculty/Staff: $117

Prices shown include one (1) class per week for six (6) weeks only for the day and time that you have chosen at registration.

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### PINK GLOVES BOXING™  
**Location:** 2nd Floor Multipurpose Room  
Fall Session: Sept 14th – Dec 3rd

<table>
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<th>TUESDAY</th>
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</tr>
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<tbody>
<tr>
<td></td>
<td>7:30-8:20pm Ashley &amp; Caitlin</td>
<td>5:30-6:20pm Ilissa &amp; Susie</td>
<td>5:15-6:05pm Ashley</td>
</tr>
<tr>
<td>(Tier 1 &amp; 2)</td>
<td></td>
<td>(Tier 1)</td>
<td>(Tier 1 &amp; 2)</td>
</tr>
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Student: $115  
Faculty/Staff: $127

Prices shown include one (1) class per week for thirteen (13) weeks only for the day and time that you have chosen at registration. Tier 1 includes starter kit. Tier 2 & 3 include additional gear.

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### TRX BOOT CAMP  
**Location:** 3M  
Fall Session 1: Sept 14th – Oct 22nd  
Fall Session 2: Oct 26th – Dec 3rd

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7:00-8:00pm Jeff</td>
<td>6:30-7:30pm Nick</td>
<td>5:45-6:45pm Danielle</td>
<td>5:15-6:15pm Nick</td>
</tr>
</tbody>
</table>

Student: $89  
Faculty/Staff: $99

Prices shown include one (1) class per week for six (6) weeks only for the day and time that you have chosen at registration.

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

**See website for all terms and conditions:** campusrecreation.gwu.edu/small-group-training  
Alumni, Community, & Non-member pricing available online.